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ABSTRACT

"Teaching Your Child" was a televised parent training program conducted in Minneapolis, Minnesota. The program was designed to reach parents in low income areas and was intended to assist families with young children by presenting practical applications of basic psychological theory. This booklet was the main workbook for the entire program. It presented the concepts of positive reinforcement, aversive control, the use of punishment, and task behavior in everyday language. The workbook was programed and had cartoon characters supporting the textual examples. Two other booklets, EM 010 828 and EM 010 827, are an integral part of the program. (MC)

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TEACHING YOUR CHILD

Lanny E. Morreau, Project Director
Televised Parent Training Program

CEMREL, Inc.

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The completion of the program was accomplished with the assistance of Mr. Atlen L. Sova who coordinated production of the video-taped segment and produced all photographs, and Mr. Michael R. Crowe who completed the literature search and coordinated research activities. Throughout the development of this project, the preparation of materials, and the numerous revisions required for each evaluation, the staff was supported with secretarial competence by Miss Judy Haffenbredl. Editorial support on project documents was provided by Dr. Karen M. Hess and Mr. John G. Mihelic. Graphics for the programmed text were produced by Mr. Doug Steinmetz, staff artist, CEMREL, Inc.

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INTRODUCTION

We all have our own ideas about how to raise children. There is no one "right" way. What works with one child may not work with another.

But some things are true for almost all children:

CHILDREN LEARN BEST WHEN THEY ARE HAPPY.

CHILDREN LEARN BEST WHEN THEY CAN DO THINGS WELL.

CHILDREN LEARN BEST WHEN THEY KNOW WHAT WE WANT.

CHILDREN LEARN BEST WHEN WE LET THEM KNOW WE LIKE WHAT THEY DO.

The methods talked about in this book are not new. Parents have been using them for many years. By using them, you can make learning easy and fun for your children.

There are several things you should remember as you try them:

1. IT TAKES TIME. Children do not learn new things overnight. They learn a little bit at a time. Children should not be rushed.

2. NO ONE IS PERFECT. Parents want their children to learn. But there are times when it seems that everything goes wrong. Parents get angry with children. Parents punish children. Sometimes parents are too busy to spend time with their children.

3. ANYONE CAN DO IT. Anyone in the house can help a child learn. A child's brother or sister can play with him. His grandparents can teach him. Even the babysitter can help him learn. Parents should teach other people how to help their child learn.

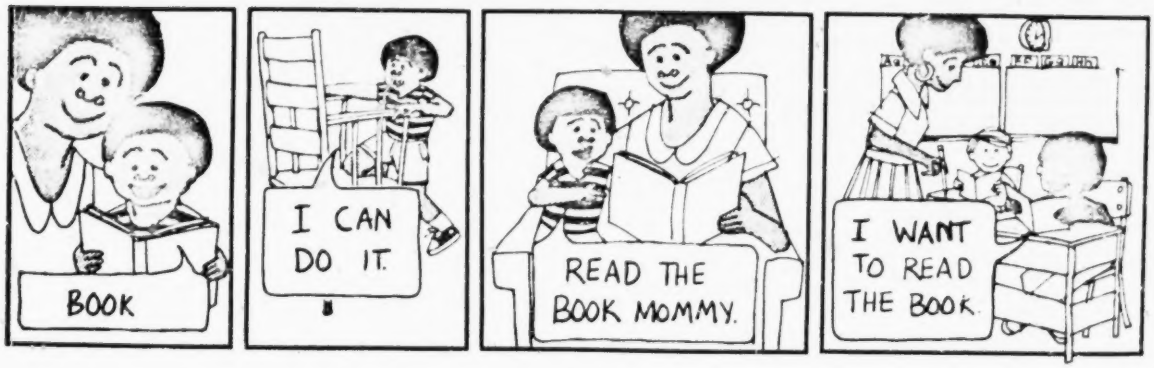
4. CHILDREN ARE NOT "GOOD" OR "BAD." A child who parents call "good" does things that they like. A child who is called "bad" does things his parents do not like. It is what the child does that we like or don't like. We do not change our children. We change what our children do. We should tell children that we like or do not like what they do. This is better than telling them we do not like them or that they are bad.

This book will show you one way to teach your child. You already do many of the things that are talked about. As you teach your child remember that you are the most important person to him. Your smile, your talk, your praise and approval will help him learn. YOU ARE YOUR CHILD'S MOST IMPORTANT TEACHER.

WHAT CAN WE DO?

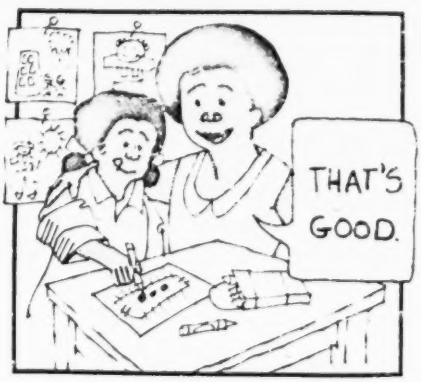
Parents are the first teachers children have. You may say, "But I'm his father or mother, not his teacher. What can I do?"

You are always teaching your child new things. Each time you talk to him you are teaching him. Each time you play a game with him he is learning something. Until he is three or four years old, he will learn almost everything from you or someone in your family. You are his most important teacher.

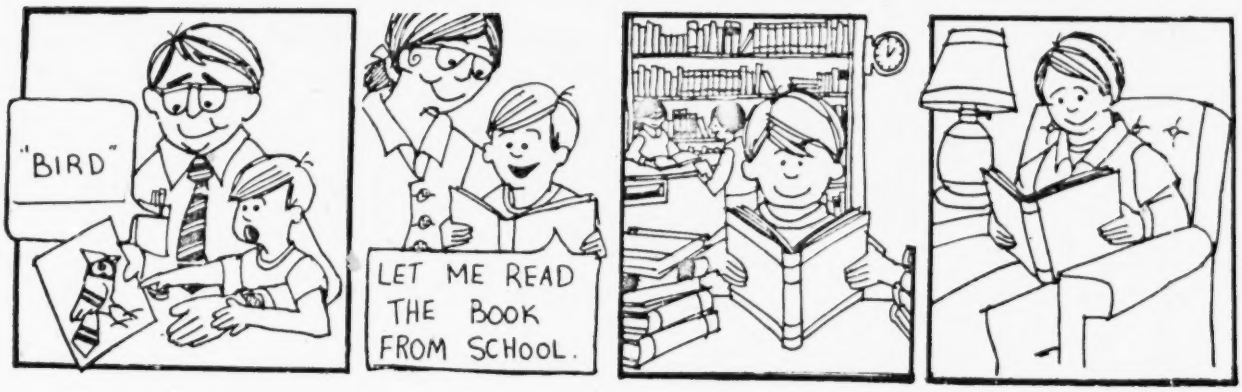


WHY DO IT?

Why not wait until he gets to school? Because the more a child can do when he goes to school, the better he will do in school. If you read to him, he will want to read. If you play games with him, he will want to play school games. If he draws on paper and you tell him how good it is, he will want to draw and write.



Best of all, your child will feel good about doing things you like. He will like them even more because you are doing them with him. You will feel good knowing you are helping your child learn.



YOUR CHILD

You may think your child is too young to learn or too little to do anything. But even the smallest children are learning new things. Your baby can learn just from being in your arms, or grabbing at your fingers, or hearing your voice. He will do things over and over again if you laugh with him or hold him close each time he does something new.

If something good happens to us after we do something, we do it more often. Children are the same way. If they do something and then something good happens, they will do the same thing again.

After a child learns to do one new thing, it will be easier for him to learn other things. Learning in school is easier if your child starts to learn at home. You can begin teaching him from the time he is born.

HOW TO USE THIS BOOK

This book is written in a special way.

First you will look at two cartoon strips.

Then you will read about parents and their children.

You will be asked a question about what you have read.

Write an answer to the question.

Turn to the next page and check your answer.

If your answer is the same as the one on that page, keep on going.

If your answer is different, read the question again and find the correct answer.

You will get the most out of this book if you follow these six steps:

1. LOOK AT THE PICTURES
2. READ EACH PAGE
3. ANSWER EACH QUESTION
4. CHECK YOUR ANSWER
5. GO ON IF YOUR ANSWER IS THE SAME
6. READ THE QUESTION AND ANSWER IT AGAIN IF YOUR ANSWER IS DIFFERENT

PART 1

SEEING YOUR CHILD

DON'T

WHAT YOUR CHILD DOES

DO

Before you start to teach your child, you should find out what he already does. Some things you'll want him to do more often. Other things you'll want him to stop doing.

You should be able to say what your child does in a way that other people will know exactly what he does. If you say, "He played," we still wouldn't know what he did. But if you say, "He stacked blocks," most of us would know what he did. You could also say things like, "He drew a picture," "He took two steps," "He said water."

Think of some things your child does and how you could say them to other people so they would know exactly what he does. Then, answer the question below.

Put an X on the lines below that tell exactly what these children did.

_____ A. Jack walked today.
_____ B. Jack took three steps in a row.
_____ C. Jerry hit his sister five times.
_____ D. Jerry was mean to his sister.
_____ E. Scott was a good boy today.
_____ F. Scott only cried once today. He cried three times yesterday.

CHECK YOUR ANSWERS

B, C, and F

B, C, and F tell us exactly what the children did--Jack took three steps in a row (B), Jerry hit his sister five times (C), and Scott cried only one time today; three times yesterday (F).

(A) "Jack walked today" is very close, but it doesn't tell us how many steps he took.

(D) "Jerry was mean to his sister" doesn't tell us much. We should say what he did that was mean.

(E) "Scott was a good boy" doesn't tell us much. We don't know what good means. We could say, "He picked up his toys," "He ate lunch without spilling food on the floor," "He drew pictures," "He stayed in bed when he took his nap." Then we'd all think about the same thing.

Put an X on the lines below that tell exactly what these children did.

_____ A. Jim took two steps in a row.
_____ B. Jane played all day.
_____ C. Bobby bothered his mother all day.
_____ D. Kay crawled across the kitchen floor by herself.

CHECK YOUR ANSWERS

A and D

A and D tell us just what the children did--Jim took two steps in a row (A), and Kay crawled across the kitchen floor (D).

(B) "Jane played all day" doesn't tell us much. We don't know what she played.

(C) "Bobby bothered his mother all day" doesn't tell us much. We don't know what bothered means. (What bothers one parent may not bother another.) We could say, "He cried," "He pulled at his mother's dress," "He spilled his milk." Then we'd all think about the same thing.

Write one thing that you'd like your child to do. Make sure it is something you can SEE him do and that it is written so we all know exactly what it is:

_____

Here is a good example: "I want her to crawl all the way across the floor."

This is not a good example: "I want her to want to crawl." (We can't see her want to do something.)

Think of two things your child does that you would like him to do more often. Write them on the lines below.

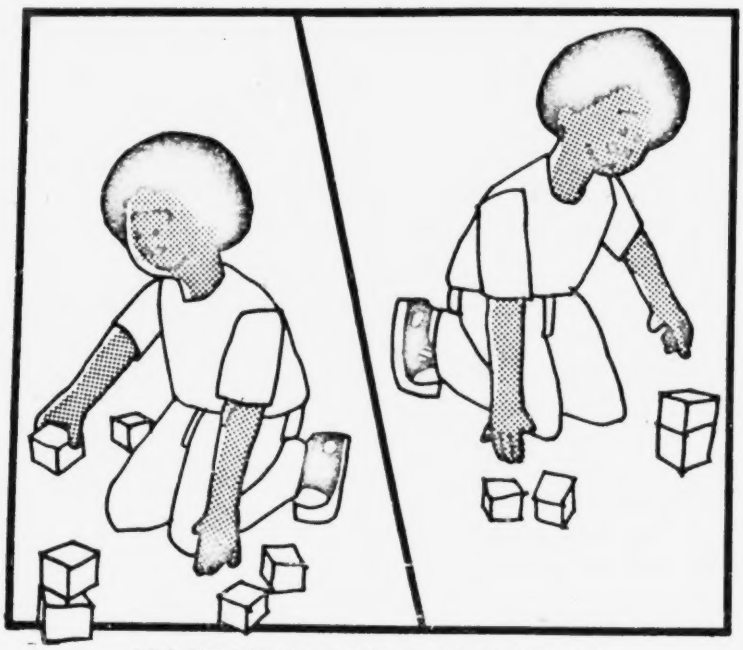
_____ 1. _____

_____ 2. _____

Look at what you said about your child. Put an X by the things you wrote that:

We could all see your child do.
and
We would all know what he did and would say the same thing.

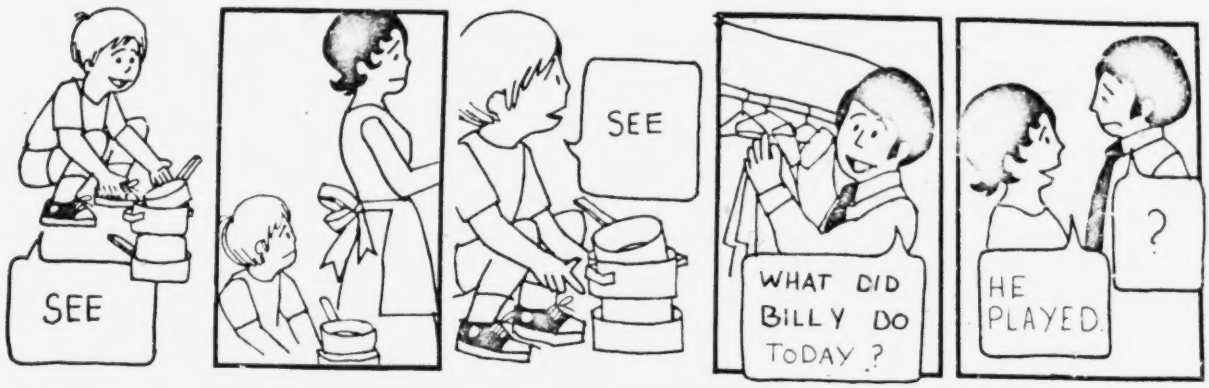
If you have an X by each number, you can talk very clearly about what your child does.



STACKING BLOCKS NOT PLAYING

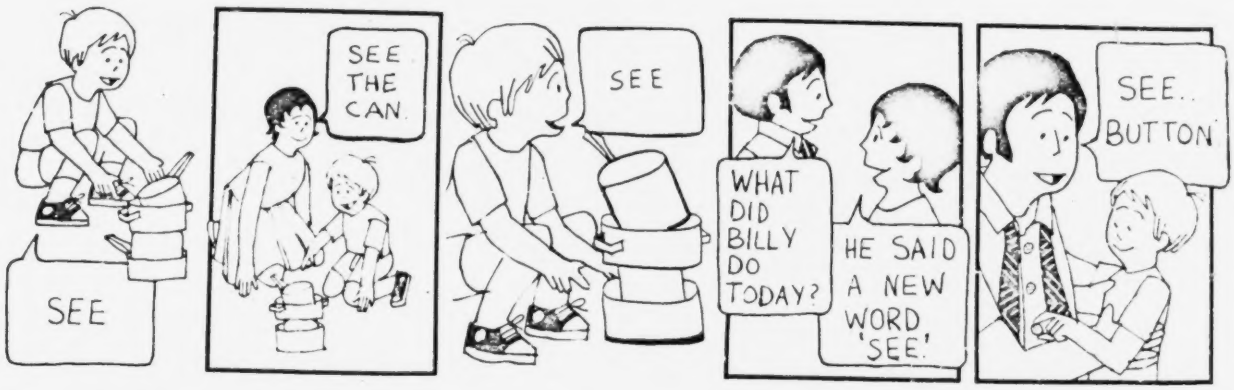
HITTING WITH THE TRUCK NOT BEING BAD

DON'T



DO

WATCH YOUR CHILD



Children are always doing something. It's a good thing. We cannot be with them all the time. Sometimes we want them to do things by themselves. And they will! We can teach them even if we are not sitting with them all the time. We often know what they are doing--if it becomes too quiet, we check. But what about the other times?

If you look at your child and he's doing something you like, he will do it more often if once in a while you walk over and say, "That's good." Or you could sit by him, hold him close, or play with him for a minute.

Put an X by the two things below that are correct.

____ A. You should play with your child all the time.
____ B. If you do something nice to your child when he does something you like, he will do it more often.
____ C. You should watch for your child to do something nice and then let him know you like what he did.

CHECK YOUR ANSWERS | B and C |

If you watch for your child to do something good and let him know you like it, he will do it more often.

We would not check (A) because no one has time to play with her child all the time. Children also have to learn to play by themselves.

Write one thing your child does now that you could tell him you like. Make sure it is something you can see him do and that it is written so we all know exactly what it is:

_____

_____

Here is a good example: "He said two new words."

This is not a good example: "He tried to talk." (We cannot see him try to talk.)

Write two things your child does that you could watch for and tell him you like.

____ 1. _____

____ 2. _____

Look at what you have said about your child. Put an X by the things you wrote that:

We could all see your child do.

We would all know what he did and say the same thing.

You would want him to do more often.

You could begin to teach your child to do the things you put an X by.

DON'T

KNOW HOW OFTEN HE DOES IT

If you want your child to do something more often, you have to know how often he does it NOW. You cannot watch him all day. But, you can watch him closely during small parts of the day.

Some parents pick a special time--a time when they are not too busy with other things around the house. Then, they play with their child, read to him, or just watch what he does. They keep track of how often he does something by counting it on a piece of paper.

You may want to set a time when something will remind you to work with your child. You may want to work with him every day after your favorite TV show, right after his nap, or just after breakfast.

Which of these would be good times to watch your child?

_____ A. When your favorite TV show is on.
_____ B. When you are reading a magazine.
_____ C. When he is playing on the floor, and you can watch him.
_____ D. When he is taking a nap, and you can watch him.
_____ E. Anytime that you can pay careful attention to him.

CHECK YOUR ANSWERS | C and E |

You will see more things if he is free to move on the floor (C). The best time to watch him is when you will not be interrupted by other things (E). Sometimes a boring job like ironing, cooking, or folding clothes can be made interesting by watching your child, talking with him, or playing a game with him.

We would not check (A) or (B) because it is hard to stop watching a good TV show or to turn away from an exciting story in a magazine. You would not see much if you watched him when he took his nap (D).

Think about your own day. What would be the best time for you to watch your child? Write two times when you could plan to watch your child. You could write things like, "When I come home from work," or "at 9:00."

____ 1. _____

____ 2. _____

Put an X by the times you have written if:

You could stop doing something and watch your child.
and
You could pay careful attention to him, and your child would be around and doing things.

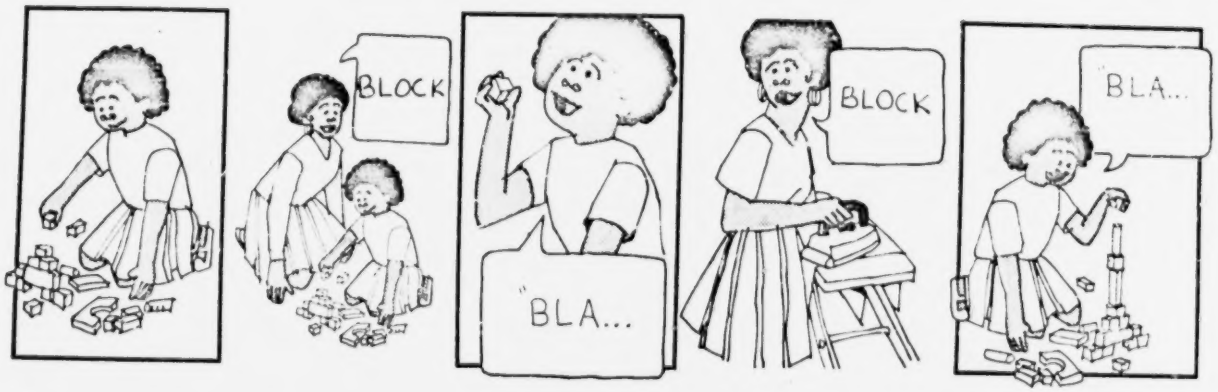
REMEMBER: THE BEST TIME TO WATCH YOUR CHILD IS WHEN YOU ARE FREE FROM OTHER THINGS. BUT YOU CAN WATCH WHAT HE IS DOING ALMOST ANY TIME. LET HIM HELP TO MAKE SOME OF THE THINGS YOU DO MORE INTERESTING BY TALKING WITH HIM OR PLAYING WITH HIM WHILE YOU DO THINGS AROUND THE HOUSE.

If you were going to begin working with your child tomorrow, what time would be best?

_____

DO

IT WORKS BOTH WAYS



Does your child have an effect on you? You bet he does. If your child is doing something that bothers you, and you get angry, you feel something. But so does your child.

What you do makes your child feel good or bad. What your child does makes you feel good or bad. Children do things to parents--parents do things to children.

You feel better when your child does nice things. Children feel better when you do nice things.

Put an X by the things below that you agree with.

_____ A. A child likes to do things that bother his parents.
_____ B. A child likes to make his parents happy.
_____ C. A child does not learn from his parents.

CHECK YOUR ANSWERS [B]

A child learns many of the things he does from his parents. He usually likes to make his parents happy (B). If something he likes happens when he does something, he will do it more often.

We would not check (A) because a child does not like to bother his parents. Bad things can happen if he does. It may seem that a child likes to bother his parents. If he does, it may be his way of saying, "Pay attention to me. I'll even take punishment to have your attention." Sometimes a child learns to do things his parents do not like if good things happen when he does them (C).

REMEMBER: YOU HAVE TO LET CHILDREN KNOW WHAT YOU LIKE. CHILDREN WILL DO MORE THINGS YOU LIKE IF YOU LET THEM KNOW YOU LIKE WHAT THEY DO. EVEN LITTLE BABIES CAN LEARN IN THIS WAY.

Write two things your child does that make you happy.

____ 1. _____

____ 2. _____

Write one thing your child does that makes you angry.

____ 1. _____

Write two things you do that make your child happy.

____ 1. _____

____ 2. _____

Write one thing you do that makes your child angry.

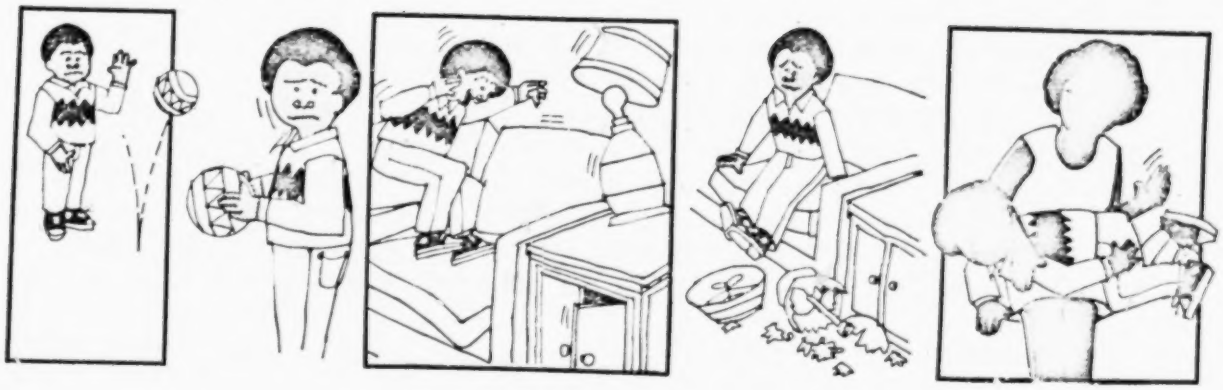
____ 1. _____

Put an X by the things you have written that:

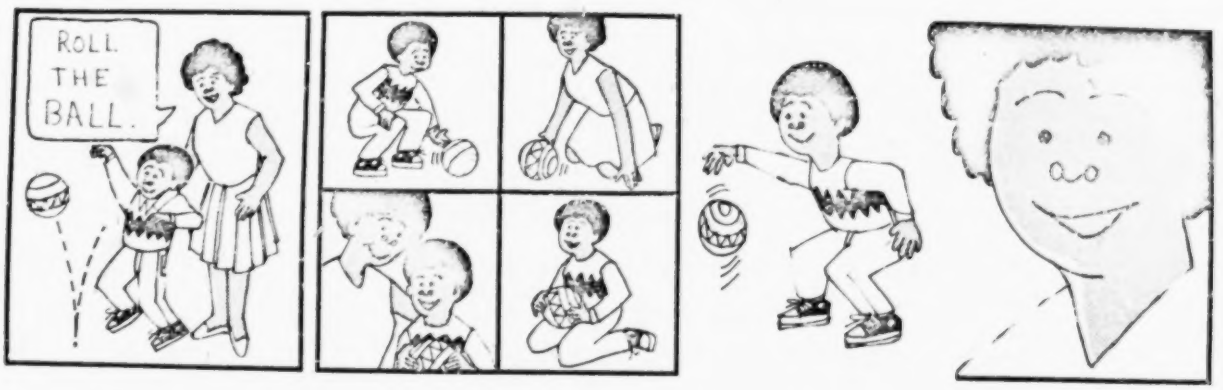
We could all see you or your child do.
and
We would all know what you or your child did and say the same thing.

You should tell the child what you like and don't like him to do. When he does something you like, you could do one of the two things you do that make him happy. He will do more of what you want him to do.

DON'T



TELL YOUR CHILD WHAT YOU LIKE



There are many ways you can tell a child you like something. Mothers and fathers have been doing these things for a long time. A child knows he is doing something you like when you hold him close after he does it. He also learns that your smile means you like what he is doing.

You show babies what you like when you laugh with them or make the same sounds they are making.

With older children you can tell them you like something. Sometimes you say, "You do that very well. You are good at it," or you just talk with them about something they have done well.

Put an X by the things below that you agree with.

_____ A. There are ways to show babies what you like and don't like.
_____ B. The best way to tell a child you don't like something is to spank him.
_____ C. A child learns you like something when you smile after he does it.

CHECK YOUR ANSWERS

A and C

Babies and children learn what you like by the way you act (A). If something they like happens after they do something, they will do it more often. You show a baby what you like by hugging him, talking to him, playing with him, or just picking him up (C).

If we teach our children in this way, we wouldn't check (B). We should not have to spank our children. The best way to tell them we do not like something they are doing is to be sure nothing they like happens when they do it.

How old are your children?

_____

_____ How can you tell your smallest child that you like something he or she does?

_____

_____

_____

_____ How can you tell your oldest child that you like something he or she does?

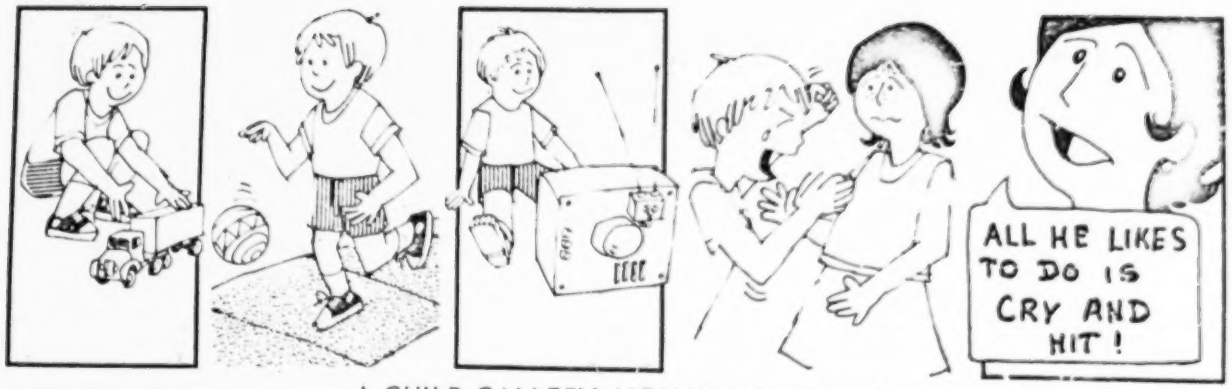
_____

_____

_____

Put an X by the things above that you do or that you let your children do that you know they enjoy.

You probably checked all of them. Children like to have their parents tell them that they like what they do. You tell them in your own special ways.



A CHILD CAN TELL YOU WHAT HE LIKES

Your child will also tell you what he likes. He may not even be able to talk, but he can tell you in other ways. When your baby laughs or smiles, he is telling you he likes what you do. If he stops crying when you pick him up, he is telling you he likes to be near you.

With older children, there are other ways to find out what they like. They may be able to tell you what they want, or you can tell by what they do. IF THEY DO SOMETHING OFTEN, THEY LIKE IT. If they play with one toy more often than others, they probably like that toy best. If they eat more of one kind of food than others, they probably like it best. You can also tell by the way they act. If they are very happy when you say, "Let's go for a walk," they are saying they like to go for walks with you.

Every child is very special and may like things other children do not like. Your child will tell you what he likes in his own special ways.

Put an X by the ways you could find out what your child likes.

_____ A. Read a book about children.
_____ B. Watch what he does.
_____ C. Listen to what he says.
_____ D. Watch how he acts.

CHECK YOUR ANSWERS | A, B, C, and D |

The best ways to find out what your child likes are to watch what he does most often (B) and watch how he acts when he does things (D). You can also tell by listening to what he says he likes or to what he asks for (C).

Books can tell us many things about children (A). But children are all different. Your child is special, so books will not tell you exactly what he likes. They can tell you things about most children. Your child may like many of the same things that other children like.

We do know that most children like to be held, talked to, hugged, and played with. Children also like to see their parents happy.

What does your child play with most?

_____

_____

What does your child do that makes him happy?

_____

_____

What does your child ask for most?

_____

_____

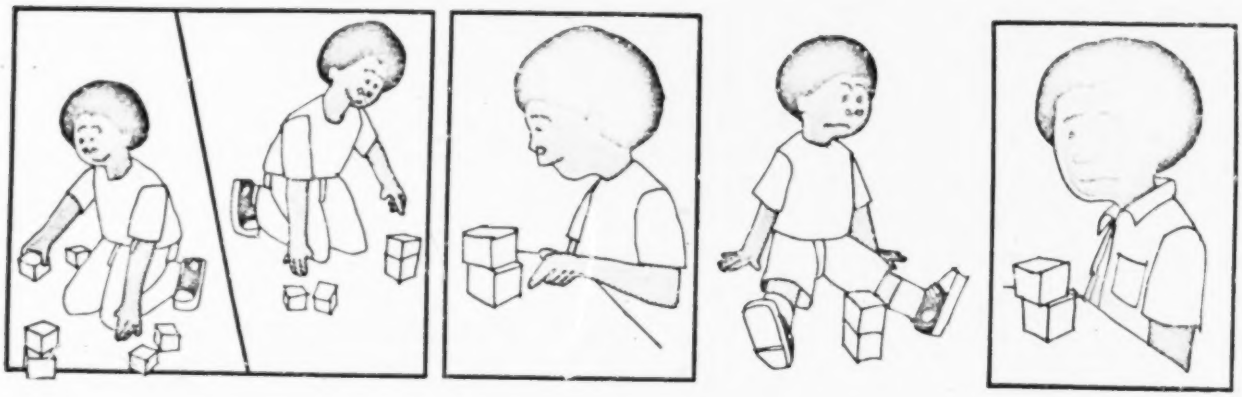
Which of these things do you think your child likes the most?

_____

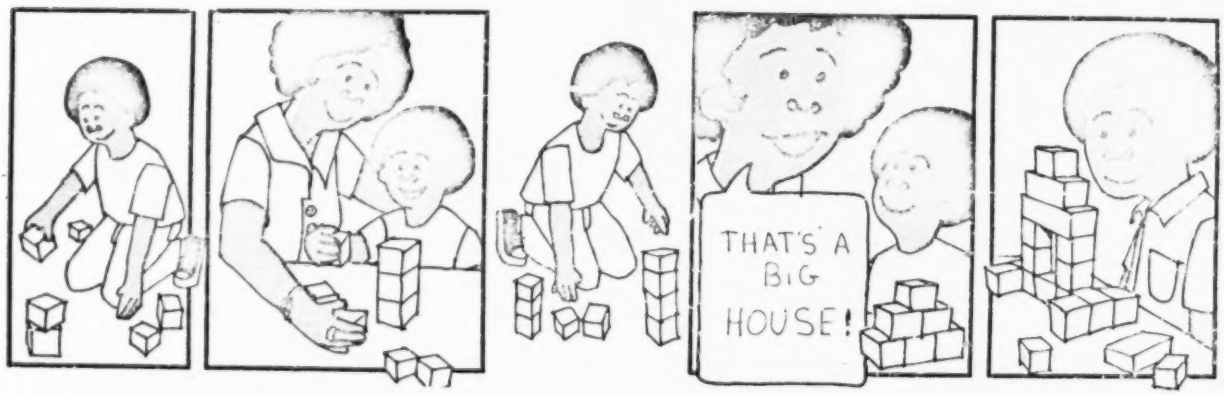
_____

You've written the things your child likes. You can be sure he likes them if you count how often he does them. If he likes something, he will do it often.

When he does something you like, let him do one of these things.



SOMETHING HE LIKES



When a child takes his first step, parents often say, "Come to me." When he gets there, they hold him close or pick him up. The child takes more and more steps until, finally, he can walk.

The child took more and more steps because something nice happened each time he "walked."

You can teach children other things in the same way.

First, let your child know what you want.

Then, when he does it, make sure he gets something he likes.

You can tell your child what you like by: (Put an X by your answers.)

_____ A. The things you say when he does something.
_____ B. The way you act when he does something.
_____ C. Letting him do something that's fun after he does something.

CHECK YOUR ANSWERS | A, B, and C

They are all right. If you tell your child you like something, he will do it more often (A). If you are happy or excited about something he did, he will do it more often (B). If you let him do something that's fun after he's done something, he will do it more often (C).

Write one thing you would like your child to do more often.

_____ 1. _____

Write one thing you know your child likes to do.

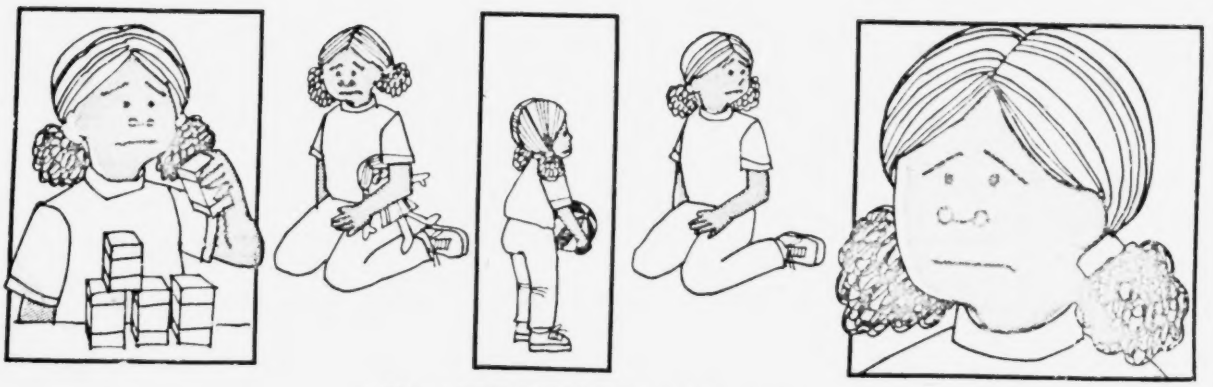
_____ 2. _____

Put an X by number 1 if:

We could all see your child do it.
and
We would all know exactly what he did.

Put an X by number 2 if:

Your child said he likes to do it.
or
Your child does it often.
or
Your child acts happy when he does it.



YOU ARE THE BEST THING HE HAS

DO

Children like to hear happy sounds from their parents. They like to feel their parents holding them. They like to have their parents play with them.

They do not need many other things to make them happy. When you see them doing something you like, let them know you like it. With small children and babies, you can laugh with them, hold them, and play with them. You can do this with older children, too. Children also like it when their parents say nice things to them or about them.

Does this mean you should never hold your children or play with them unless they do something you want? No. You should play with them whenever you can. But you should not give them something they like right after they have done something you don't like.

What does your child need to be happy? (Put an X by your answers.)

_____ A. Your child needs many toys.
_____ B. Your child needs to know that you like him and what he does.
_____ C. Your child needs to play with you all the time.
_____ D. Your child needs to play with you or be held by you some of the time.

CHECK YOUR ANSWERS | B and D |

Your child will be happy if he knows that you like him and the things that he does (B). He learns that you like him and the things he does by the way you act--if you play with him, hold him, laugh with him, or let him do things he likes after he does something (D).

Children do not need a lot of toys to be happy (A). Children do not need to play with us all the time (C). Remember, a child has to learn to play by himself.

Write three things you do that your child likes.

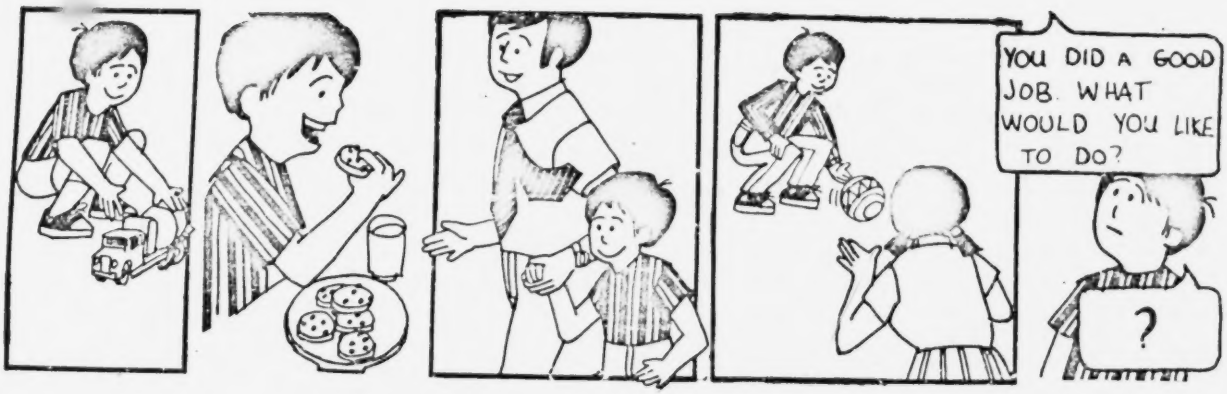
___ 1. _____

___ 2. _____

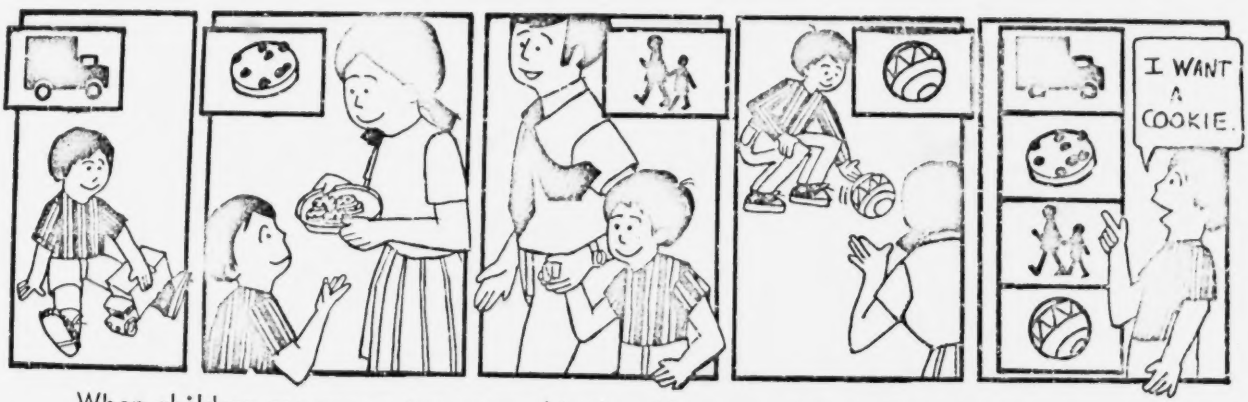
___ 3. _____

Put an X by the things you do that:

Your child acts happy when you do it.
or
Your child asks you to do it with him.



FINDING OTHER THINGS HE LIKES



When children are one or two years old, they like many things. They like to play more by themselves. They like pieces of candy. They like to go places. They have special games they like to play with parents.

You can watch for things your child does often. You can also watch for things that make him happy.

You can draw pictures of the things he likes. When he does something you ask, he can pick something to do from the pictures.

Mary, a three-year-old, rides her tricycle often, laughs when she rolls a ball to her mother, and looks at the magazines in the house.

Her mother can draw pictures of things Mary likes to do on a piece of paper. Then Mary could pick what she wants to do by pointing to the picture of it.

Place an X by the things that might happen if you say to your child, "We will do anything you want to do."

_____ A. He may want to do something you will not let him do.
_____ B. He may have trouble telling you what he wants.
_____ C. He may want to do something you can't do with him.

CHECK YOUR ANSWERS

A, B, and C

You should not say, "We will do anything you want to do," because the child may want to do something that he cannot do (A). You can't always go somewhere with him. You can't always play a long game with him (C). If you say you will do something after your child does what you want, always do it. If you don't, he will not believe you. Then when you ask him to do something again, he may not do it.

Sometimes a child can't decide what he wants to do (B). You can help him by drawing pictures of things he likes to do. He can choose from the drawings. Make sure that you will be able to do all the things on the drawings before you let him choose one.

You already know some of the things your child likes to do. Draw two of them in the boxes below. Don't worry about how well you can draw. You only need to make the drawings clear enough so your child can tell what is in them. You can look on page 22 where you wrote many things your child likes.

You can draw them like this:

Put an X on the pictures which show:

Something you know your child likes to do.
and
Something you could do with your child after he did something you like.

BE COOL--BE FAIR

You want your child to be fair and not to get mad at you. Nobody wants to "fight" with his children. Teach him to be fair by being fair with him. If you are fair with him, he will probably be fair with others. If you don't get angry with him, he will show less anger with you.

Most people do not like to shout at children. Children do not like to be shouted at. If you keep cool, you may not have to hit or shout at your child.

Mary's mother does not have to shout, "Mary, pick up your things." She can say, "Mary, when you pick up all of your toys, you can ride your tricycle." Then, after Mary picks up her toys, her mother lets her ride the tricycle. Her mother has the toys picked up, Mary has learned her job, and Mary will be happy after she does it. Her mother did not have to get angry. Mary did not have to fight with her mother.

Mary's mother did not ask her to do everything before she rode her tricycle. She did not say, "Mary, pick up your toys, clean up your room, and brush your teeth."

Put an X by the things that you agree with.

_____ A. After your child does something you like, let him do something he likes to do right away.

_____ B. It's okay if your child has to wait for something he wants to do.

_____ C. It's good to ask your child to do many things before he gets to do something he likes.

CHECK YOUR ANSWERS [A]

After your child does something you have asked him to do, let him do something he likes to do. Let him do it as soon as you can (A).

Sometimes we can't get at it right away. But, if he has to wait he may not learn to do what we want (B). Don't ask him to do too many things before he gets something he likes (C). If we ask too much, he may not do anything. Be fair.

Write one thing you like your child to do.

_____ 1. _____

Write one thing you can let him do after he does it.

_____ 2. _____

Put an X by 1 if:

You did not ask him to do many different things.
and
You did not ask him to do too much of the same thing.

Put an X by 2 if:

You know your child likes to do it.
and
You can let him do it right away.

DON'T ADD EXTRAS

When we have agreed to do something with a child, we should always do it.

After he does what we have asked, we should let him do what we said we would.

We should not add extra things. You may say, "After you finish your lunch you can watch TV." When the child is finished eating you should let him watch TV. You should not add something else for him to do. You should not say, "You can watch TV after you pick up your toys." He already did what you asked. You should live up to your part.

We could have a rule in the house, "All toys must be picked up before you watch TV." Then we would not need to add it. It's always there.

Do you think making rules is a good thing for parents to do? ____Yes ____ No

ALWAYS DO WHAT YOU SAID YOU WOULD--BE FAIR

It's easy to forget what we say we will do. Or, sometimes, things happen that make it hard to do what we said we would. A child does not understand why we cannot do it.

If we say something will happen, we should try to make it happen. If we say we will read with our child after he does something, we should do it. If we say he must do something more than one time, we should keep track of it. We can do this by writing it on a piece of paper. He will also want to do it more if he can see how often he has done it.

We want Bill to eat his lunch without spilling his milk. At first, each time he does not spill it we can let him do something he likes.

He will learn faster if we let him see his success.

WE CAN MAKE A SHEET LIKE THIS:

Bill eats his lunch without spilling his milk	1	2	3	4	5

Each time he does it, we can check one box. We will know how he is doing. He will see his success. If your child is old enough, you can let him check the box--he'll enjoy that even more.

TELL YOUR CHILD THE RULES

Children should know what we want. They should be told how we want them to act. They should be told what we want them to do. They should be told what they can and cannot have. Children should not have to guess.

We all have rules for our homes. If children know them, they will be happier. When someone gets angry and we know why, we may not feel as bad. If someone gets angry with us and we don't know why, we may get angry with them. Children feel the same way.

We should make rules for things that are true all the time. Some parents might make these rules:

Don't Play With Matches
Toys Must Be Picked Up Before We Eat
Don't Play In The Street
Don't Run In The House
Stay Out Of The Medicine Cabinet

These rules would always be true for the child. They help him. He knows what his parents want.

Do you think children should know the rules in your home? _____ Yes _____ No

What are three rules you have for your children?

1. _____

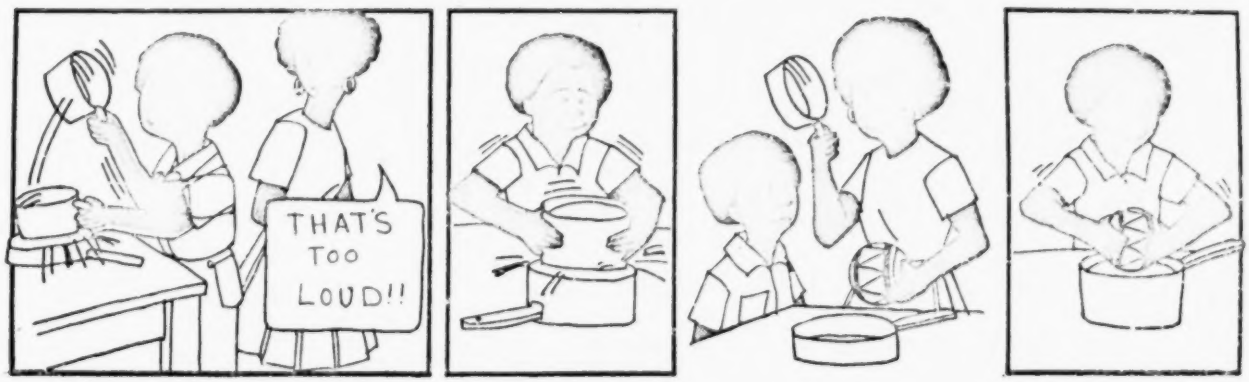
2. _____

3. _____

Check your rules by answering these questions.

Are they true all the time?	_____ Yes	_____ No
Do you "stick" to them?	_____ Yes	_____ No
Does your child know them?	_____ Yes	_____ No

DO NOT HIT--DO NOT HURT



We all get angry sometimes. We cannot help that. Children get angry with us, and we get angry with our children. Every family has its little "hassles."

When children are hit, they hurt. They feel bad. No one likes to be hurt. Even grownups do not learn much from pain. Sometimes children even do things we do not want more often because they are hurt. If they are hurt, children may not learn what we want them to. Children learn to do things that lead to something they enjoy.

Children learn best when: (Put an X by your answer.)

_____ A. They are punished (hurt).
_____ B. A fun thing happens after they do something.

CHECK YOUR ANSWERS **B**

Children learn best when good things happen after they do something (B).

If they are hurt, they may not learn at all (A).

Check the things that you have seen other people do that hurt their children.

- ☐ Shake them.
- ☐ Smile at them.
- ☐ Scream at them.
- ☐ Jerk them by their arms.
- ☐ Pat them on the back softly.
- ☐ Say: "That's good."
- ☐ Say loudly: "Don't ever do that!"

Did you check everything that:

Will make a child cry?
or
Will make a child try to get away?
or
Will make a child fight with his parents?

YOUR CHILD WILL DO NEW THINGS

Let's talk about what you have read so far.

Your child will learn new things each day. Even babies are learning. You can make your child happy while he learns.

You know how to find things your child likes.

You know that if something he likes happens after he does something, he will do it more often.

You know that if you hurt or hit your child he may not learn as well. He may even do something you do not like more often.

Put an X by the things below that you agree with.

_____ A. You can find out what your child likes by watching what he does.

_____ B. Your child will do things you like just because you want him to.

_____ C. If a child feels bad, he will not learn as much as he would if he was happy.

CHECK YOUR ANSWERS

A and C

If you watch your child, you will learn what he likes (A). He will do things he likes more often than he does other things. By letting him do things he likes, you can make him happier. He will learn more this way.

Sometimes a child likes to do something for you even though you do not ask him to do it. If you let him know you are happy because he did it, he will do more things you like (B).

Write three things your child tries to do to help you.

____ 1. _____

____ 2. _____

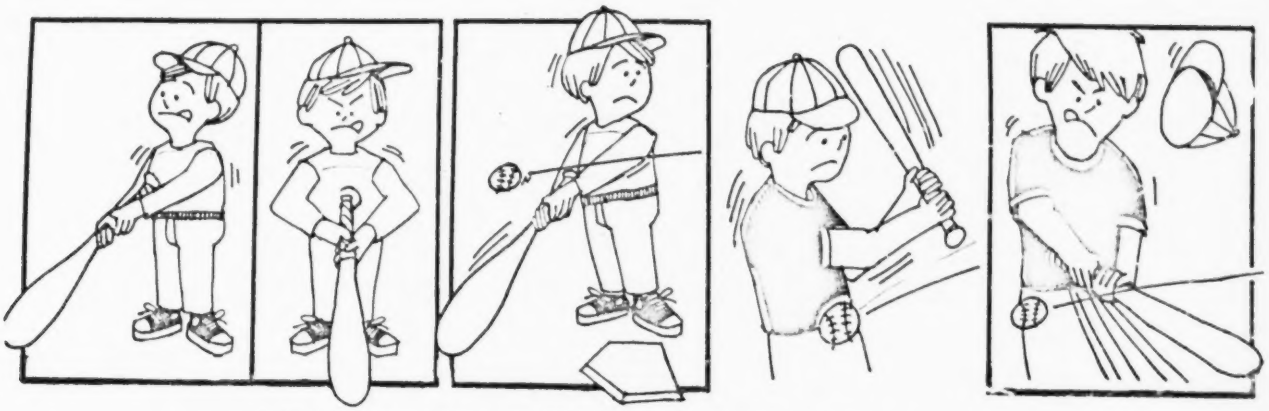
____ 3. _____

Put an X by the things your child really can do.

You should let him know you are happy whenever he tries to help you. You should do this even when he really cannot help. He is learning to help others. If you show him that you like what he is doing, he will keep trying. When he gets older, he will be able to help you, and he will like to do it.

PART 2

HELPING YOUR CHILD LEARN



START WITH SOMETHING YOUR CHILD CAN DO

You want to teach your child new things. You want him to learn to do things by himself--things like picking up toys. You also want him to learn things that will help him when he goes to school.

He will learn faster if you start with something easy. You should find something he can do. Then, help him to do it better. When he can do it well, start on something new.

You have to begin with something he can do. If he is just starting to pull himself up, you would not try to get him to walk. You might wait until he pulls himself up and say, "Big boy." When he can stand well, you could stand in front of him and say, "Come to Mommy." If he comes to you, you could hold him in your arms, tickle him, or praise him.

If you want your child to learn to read, you could start by:

_____ A. Giving him books to play with.
_____ B. Reading to him and pointing to pictures.
_____ C. Asking him questions from books.

CHECK YOUR ANSWERS

A and B

Books can help your child even if he can't read. Your child will learn to like books if he has books to play with and you read to him (A). A child likes to play with books and sit next to you while you read (B). Doing these things will help him learn to read.

With very small children we will first have to show them what a book is and talk about it. After your child learns to listen to what you read, ask him questions about it (C). If he hears the same story often, he will soon be able to tell you the story.

Write two things your youngest child is learning to do.

1. _____

2. _____

If you were helping him learn the first thing you wrote, what should you start with?

____ 3. _____

_____

If you were helping him learn the second thing you wrote, what should you start with?

____ 4. _____

_____

When you start to teach your child a new thing, start with something he can do.

Put an X by number 3 and 4 above if you started with something your child was ready to do.

You can teach your child to do these things.

TUNE YOUR CHILD IN

Sometimes we do not hear other things when we are watching a TV show we like. We may not hear our child asking for something when we are talking on the phone. Children get "busy" too. They may not hear you when they are busy with something else. Always get your child "tuned in" before you start to teach him. A quiet place works best.

You can help him by saying his name or talking to him first. You can play with him at what he is doing before you begin. Let your child sit on your lap or close to you when you teach him. GET YOUR CHILD "TUNED IN" TO YOU BEFORE YOU BEGIN.

TALK TO YOUR CHILD

The more you talk to your child, the more he will learn. We can help babies learn by making the same sounds they make. We can help small children learn by answering their questions. We should read to them. We should talk to them about many things. Most important, we should listen when they talk to us. Let them join in. We all learn by talking and listening.

How do you get your child "tuned in"? Write two ways.

_____

_____

_____

_____

LEARNING CAN BE FUN --MAKE LEARNING A GAME.

Children learn while playing. You can make up games to help your child learn.

Putting toys in a box to fill a lion's belly.
Putting dolls to bed or trucks in a garage at night.
Looking at magazines to find a picture of something you talk about.
Finding many things in the house of the same color.
Counting the number of grapes in a bowl and eating them.

Think of some games you could play with your child. Play them and help him learn.

TALK TO YOUR CHILD

FIRST THINGS FIRST

You do not ask your child to walk before he can stand. You also do not ask your child to tell you what is in a picture until he can say words. Start small.

With a baby, you might make the same sounds he makes. He likes to hear someone make the same sounds he makes. You should talk to a baby. He likes to hear your sounds so he will make more sounds. He will also make different sounds.

As he grows, he learns that putting sounds together means something. When your child says "ma ma" or "da da," you can help him learn by saying the same sounds he says. Smile, and he will say them more often. Something he likes happens after he says the sounds. If your child says "waer," and you give him a drink, he will learn to say that word when he wants a drink. Again, something he likes happened after he said it.

When your child has learned alot of words, he can sit with you and tell you about a picture. If you tell him new things and show him you like what he said, he will learn more new words.

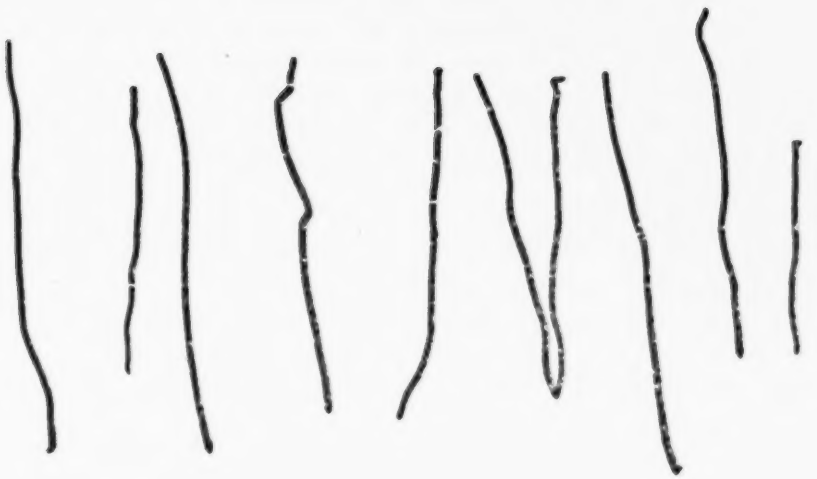
You must start your teaching with something your child is able to do.

If you want your child to draw, you should first teach him to:

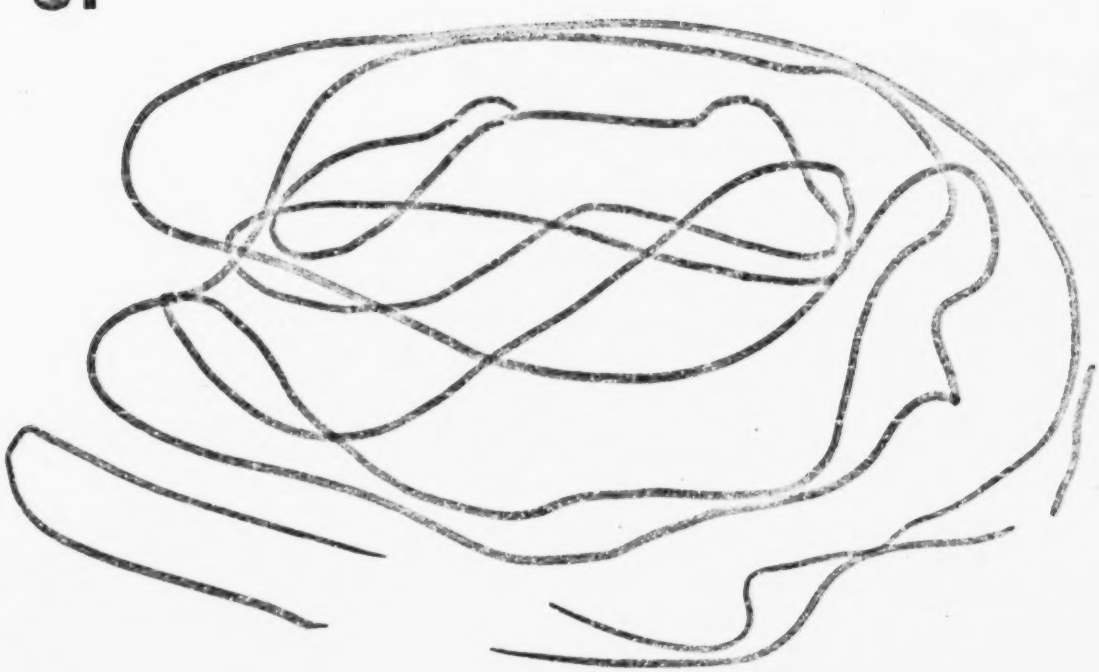
____ A. Draw houses.
____ B. Make lines up and down on the paper.
____ C. Make marks with a crayon on the paper.

A.

B.



C.



REMEMBER: FIRST THINGS FIRST

CHECK YOUR ANSWERS [C]

Start with something your child can do. When you show him that a crayon makes marks on paper, he will want to do it (C). If you show him that you like what he did, he will make more marks. Soon, you can help him to make marks up and down or across the paper (B). He will learn to draw.

Write one of the new things you want to teach your child.

_____

_____

_____

What will you teach him first? _____

_____

What things do you need to do it? _____

_____

_____

How will you show him that you like what he does? _____

_____

_____

ANSWER THESE QUESTIONS WITH YES OR NO.

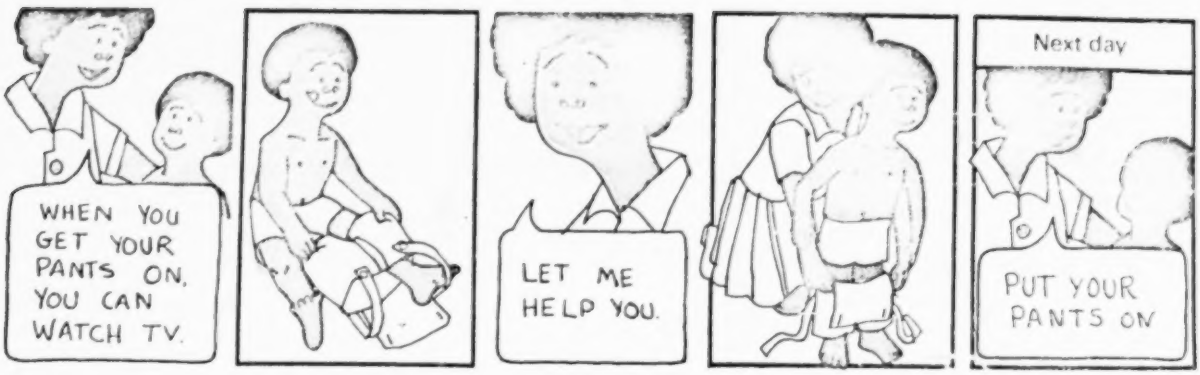
Have you started with something he is ready to do? _____

Can you let him do something he likes after he does it? _____

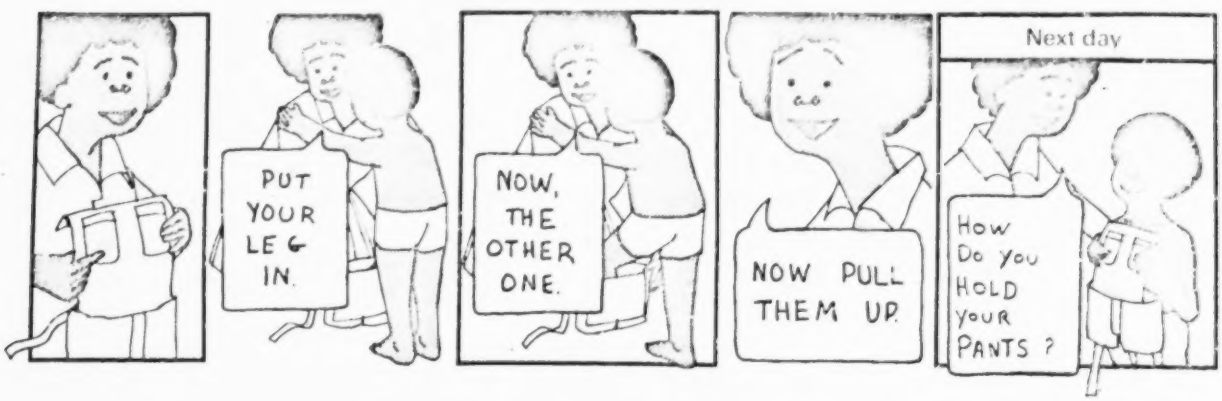
Can you tell him you like what he did? _____

Do you have the things you need to teach him? _____

If you answered all of the questions with "yes," you are ready to teach your child something new.



START SMALL--MAKE SURE HE CAN DO IT



We all like to do things well. So does your child. The first time you ask your child to do something you should ask for just a little bit. When he does it, let him do something he likes to do. The next time you can ask for just a little more. It will not be long and he will be able to do it all.

If you want your two-year-old to dress himself, you would not start out by saying, "Billy, get dressed and then we will go for a walk." First show him how to put his pants on. When he can do that by himself, you can ask him to do it. Then, you can help him finish dressing and go for a walk. The next week, you can teach him how to put on his shirt. Then, help him finish dressing and do something he likes. It will not be long before he can dress himself.

You started with one little thing. You showed him how to do it. You let him do something he liked each time he did one thing. He will be happy. He will be able to do something himself.

If you were going to teach your child the names of things around the house would you: (Put an X by your answer.)

____ A. Start by telling him the names of everything in one room?
____ B. Start by telling him the name of one thing in one room?

CHECK YOUR ANSWERS **B**

Children learn words by hearing them when they see the things they stand for. If your child hears "book" and you point to a book, he may try to say "book." If he tries to say it, repeat the word and show him you are happy. Start with one thing (B).

If we say the names of too many things at one time our children will not learn them as fast (A).

1. When your child starts to say words, what would you do first to help him learn to talk?

_____

_____

2. When your child learns to scribble on paper, what would you do first to help him learn to draw?

_____

_____

3. When your child asks about words, what would you do first to help him learn to read?

_____

_____

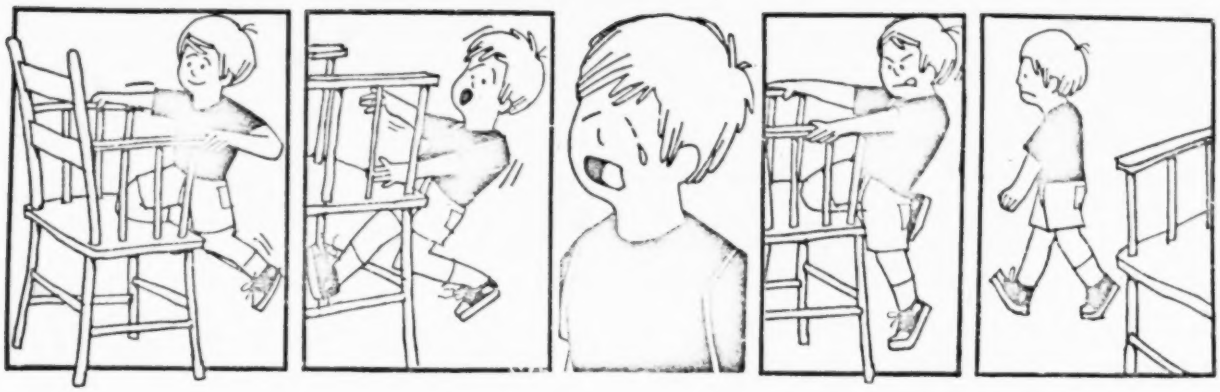
ANSWER THESE QUESTIONS WITH YES OR NO.

Did you start with something your child can do now? _____

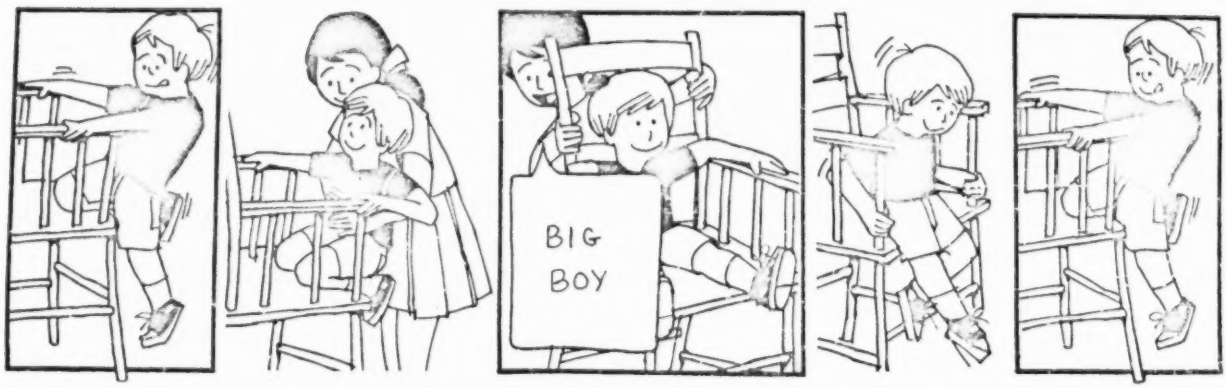
Did you start with something easy for him to do? _____

If you wrote "yes" on both lines, you can help your child learn many new things.

REMEMBER: HE WILL LEARN FASTER IF HE HAS FUN WHILE HE DOES THESE THINGS AND AFTER HE DOES THEM.



HELP HIM AT FIRST



If you want your child to do something new, you have to teach him how. You may have to help him at first. A baby does not learn to do new things just by being told how to do them. He has to practice and you have to help.

If you want to teach your child to drink from a cup, you may let him play with an empty cup at first. You might put a little milk in the cup, put it to his mouth, and let him drink. Soon, he will know that he can get a drink from the cup. Then you can put a little milk in the cup, help him put his hands on the cup, and help him raise it to his mouth. By raising the cup to his mouth, he gets something he likes. He will soon learn to do it by himself. There are other ways you can teach him to drink from a cup. This way uses what you have learned so far.

The same thing happens when you teach your child to dress himself. You may have to help him the first few times he puts on his socks, but soon he will be able to do it alone.

Put an X by the things below that you agree with.

_____ A. Help your child with everything he does.
_____ B. Help your child only when he asks for it.
_____ C. Help your child whenever he needs it.

CHECK YOUR ANSWERS | C |

When your child is trying something new, watch him. If he cannot do it, help him find a way to do it (C).

Children will learn many things without any help (A). They may be too small to ask for help (B). If they are too small, you should watch them try new things. If they need help at first, you should give it to them.

On page 46, you wrote one thing you were going to teach your child.

If your child cannot do the first thing you try to teach him, how will you help him?

_____

_____

_____

_____

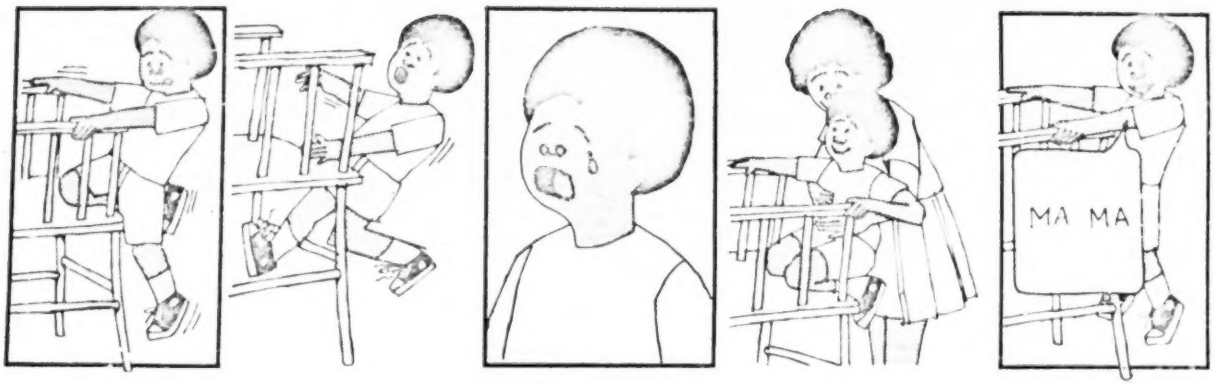
_____

_____

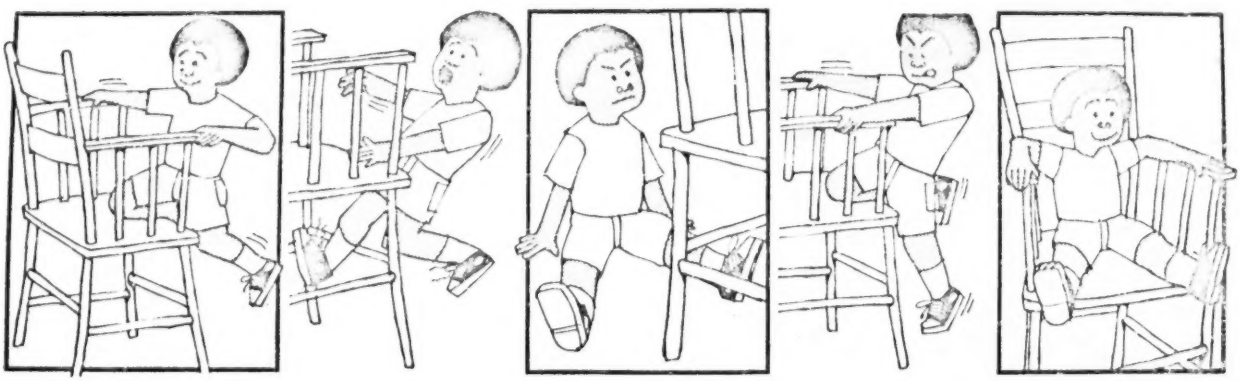
REMEMBER: BEGIN WHERE YOUR CHILD IS. FIND OUT WHAT HE CAN DO. THEN TEACH HIM THE NEXT STEP.

Help him, but make sure that you do not do everything for him. Show him how to do it. Help him a little. If he cannot do it, show him again. Then help him more.

Help him less and less as he learns to do it.



LET YOUR CHILD DO IT



You want to teach your child to do things by himself. Be careful not to help him too much.

You are helping him too much if you keep doing something he can do himself.

A baby learns to crawl by himself. You help him learn by putting something he likes close to him. When he tries to get it, he learns to move across the floor. Something nice happens when he reaches what he wants, and he learns to move to get it.

Before he can crawl, you can give the baby his toys. When he starts to move on the floor you can still help him by moving things close to him. He does not have to move far. You can then set things further away. Soon, you should not help him by moving things. He will be on his own.

Put an X by the things below that you agree with.

_____ A. Your child should always learn new things without help from you.
_____ B. You should never help your child if he can almost do something by himself.
_____ C. Your child will learn to do many things without any help.

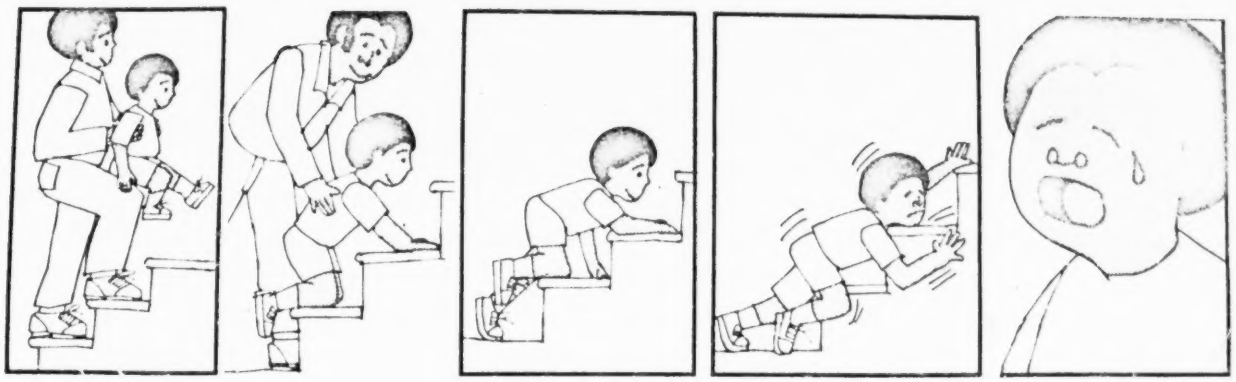
CHECK YOUR ANSWERS | C |

Your child will learn to do many things without your help (C). But you should be ready to help him do new things if he needs help.

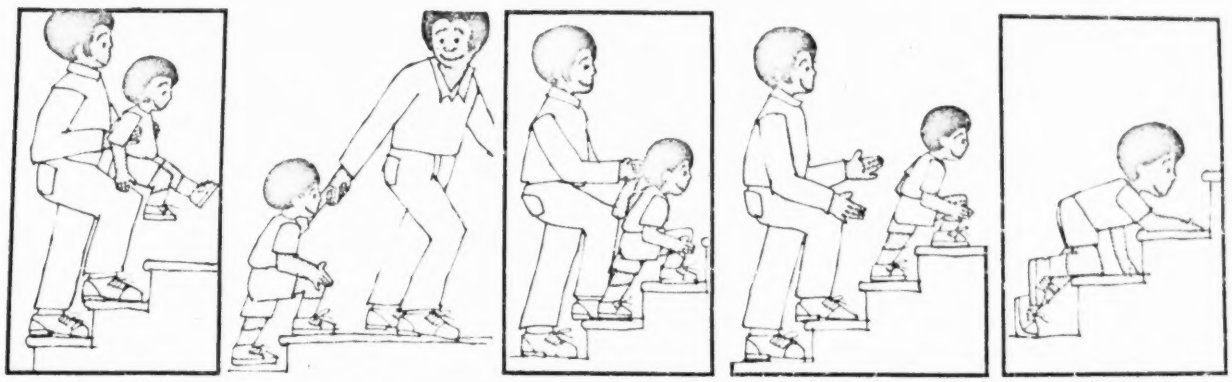
If a child can almost do something alone, we should let him try it several times before we help him (B). But if he cannot do it, we should help him (A). Show him that we like the way he tried. After he does it, always let him do something he enjoys.

HELP YOUR CHILD UNTIL HE CAN DO THE REST

Show your child how to do each new thing. Do all of it for him the first time. The next time do everything but the very last part. Let him finish it himself. Do less and less each time. Praise him for what he does alone.



TAKE ONE STEP AT A TIME



You should not go too fast. You have to take your time. Your child learns things in steps. Let your child practice each thing he learns. Then, go on to the next step.

First, a child learns to scribble with his colors. Then he learns to draw shapes or pictures of things he sees. They may not look like the things you see. Still, let him know that you like what he is doing. You would not give a two-year-old a picture to color and ask him to stay in the lines. Start by letting him scribble on a piece of paper--he is learning. Then, take his hand and show him how to make up and down lines. He can copy these by himself. Soon, he will learn to control the crayons and will draw alone. Children like to color with other people. They like to have someone say, "That is a good picture." And you can show your child that you really like what he did by putting his drawing on the wall and showing it to other people when he is around.

You should start something new with your child:

____ A. After he can do one thing well.
____ B. After he has done the first thing right many times.
____ C. Every day.

CHECK YOUR ANSWERS | A and B |

Before you start to teach something new, be sure that your child is ready. He will be ready after he has done the first thing you wanted many times without any help (A and B).

Your child may take several days to learn one new thing. You should not expect him to do a new thing every day (C).

1. Write one new thing you want your child to do.

_____

_____

● ANSWER THE QUESTION WITH YES OR NO.

Have you started with something your child is ready to do? ____ Yes ____ No

If you checked yes, go to question 2.

If you checked no, write something your child is ready to do.

_____

_____

2. When he does part or all of the new thing, what will you let him do that he likes?

_____

_____

● ANSWER THESE QUESTIONS WITH YES OR NO.

Is this something he likes? ____ Yes ____ No
Is this something you can let him do after he does the new thing? ____ Yes ____ No

If you checked yes to both questions, go to question 3.

If you checked no to one or both of the questions, write something your child likes that you can let your child do after he does what you want.

_____

_____

3. What will you teach him first?

_____

_____

ANSWER THESE QUESTIONS WITH YES OR NO.

Have you started with something small? _____ Yes _____ No
Have you asked him to do only one thing? _____ Yes _____ No

If you checked yes to both questions, go to question 4.

If you checked no to one or both of the questions, write the first thing you will teach him. Start with something small.

_____

_____

4. How will you help your child if he cannot do it?

_____

_____

ANSWER THESE QUESTIONS WITH YES OR NO.

Did you show your child how to do it? _____ Yes _____ No
Did you praise him for trying to do it? _____ Yes _____ No

If you checked yes to both of the questions, go to question 5.

If you checked no to one or both of the questions, write how you would show your child how to do it.

_____

_____

5. How will you know when your child can do it?

_____

_____

ANSWER THESE QUESTIONS WITH YES OR NO.

Can you see your child do it? _____ Yes _____ No
Can your child do it many times with little or no help from you? _____ Yes _____ No

If you checked yes to both questions, go to question 6.

If you checked no to one or both of the questions, write what you will see when your child can do it.

_____

_____

6. When your child can do it, what will you teach him next?

_____

_____

ANSWER THESE QUESTIONS WITH YES OR NO.

Have you started with something your child is ready to do? _____ Yes _____ No
Have you started with something small? _____ Yes _____ No
Have you asked him to do only one thing? _____ Yes _____ No

If you checked "yes" to all the questions, you know how to teach your child very well. Great!

ALWAYS GIVE SOMETHING HE LIKES

When you are teaching your child something new and he does it, you should let him do something fun or show him that you like what he did.

At first, something good should happen each time that he does it. Let's look at some of the children we have already talked about.

When Mary picks up her toys, her mother lets her do something she likes--ride her tricycle.

When Billy dresses himself, his mother lets him do something he likes--go for a walk with her.

When a child takes his first steps, his mother holds him close and says nice things to him.

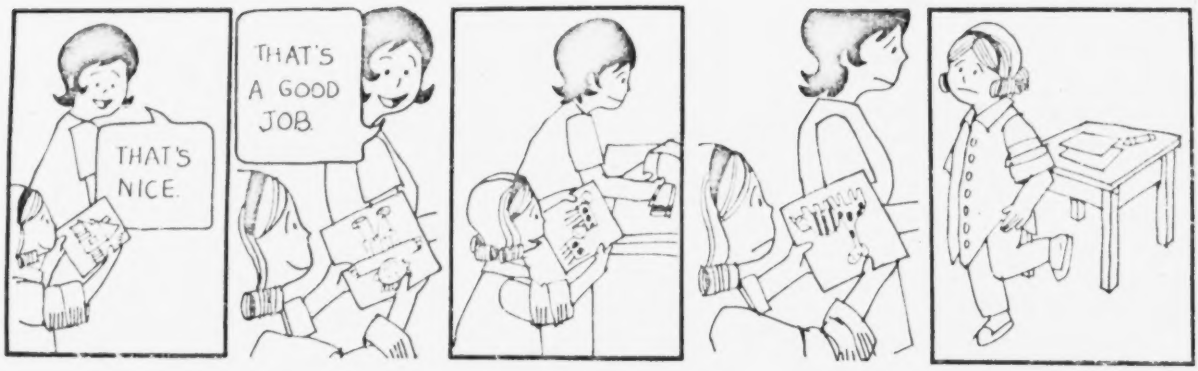
Your child will do things you want him to do. The first few times he does them, let him do something he likes or show him that you like what he did:

_____ A. Every five times.
_____ B. Every time.
_____ C. Right afterwards.

CHECK YOUR ANSWERS

B and C

If your child does something you ask him to, do something he likes right after he does it (C). At first, show him that you like it every time he does it (B).



ONCE IN A WHILE

After your child learns to do something well, you do not have to give him something he likes each time he does it. You can make sure he will keep doing it if the thing he likes happens once in a while. You should make sure you still let him know that you like it--but not as often. For example, let him know every three or four times he does it.

Then start with something new. Each time he does the new thing, let him do something he likes.

Remember: You can ALWAYS tell him he did a nice job.

When your child is doing something you want him to do for the first time, let him do something he likes:

_____ A. Each time he does it.
_____ B. Every few times he does it.

When your child can do something well, let him do something he likes:

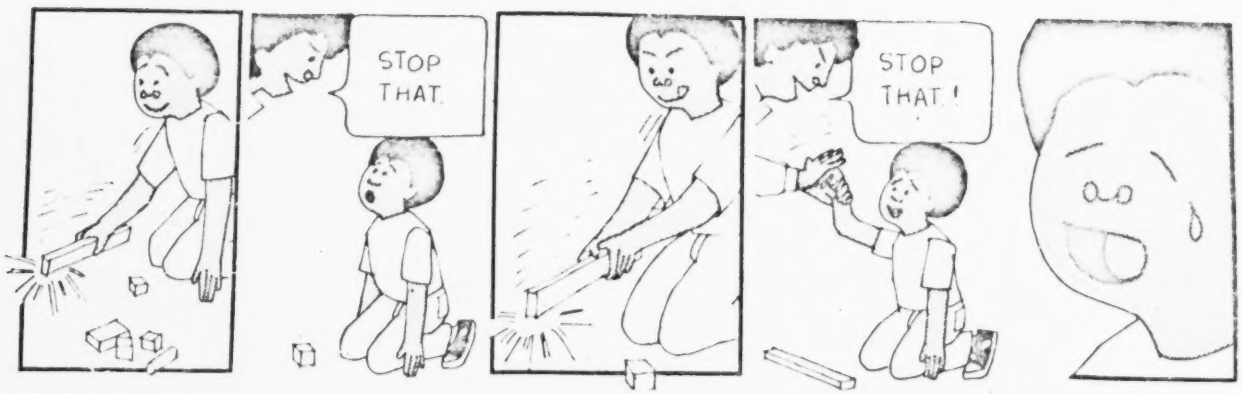
_____ C. Each time he does it.
_____ D. Every few times he does it.

CHECK YOUR ANSWERS

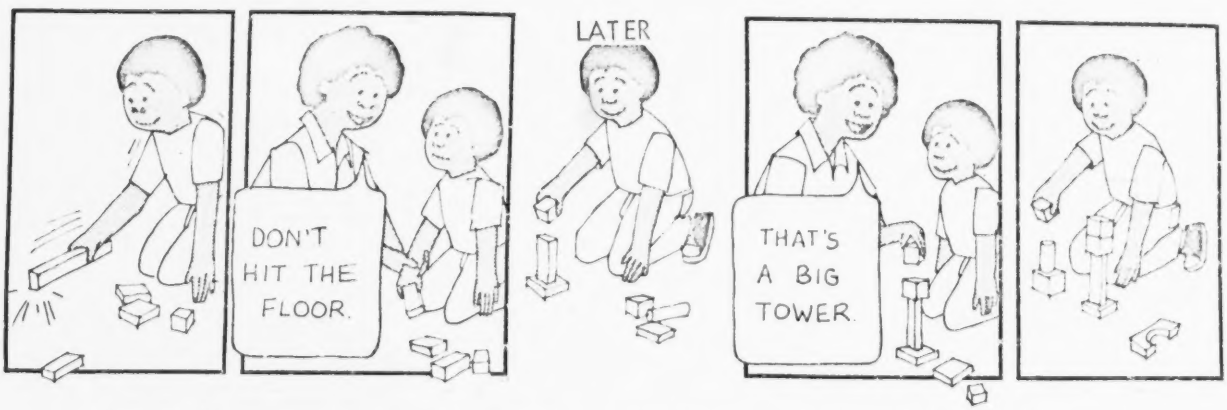
A and D

When your child is doing something you want for the first time, let him do something he likes each time he does it (A).

When your child can do something well, do something he likes every few times he does it (D).



TELL THE CHILD WHAT YOU WANT



Your child is not good or bad. Sometimes you do not like what he does. You still like him. You should not say, "You are a bad boy." You should not say, "You are wrong." It would be better to talk about what he did. Your child has to know what you do not like. He also has to know what you do like.

Tell him you do not like hitting. You do not like spilled milk. You do not like shouting and screaming.

Tell him you do like it when he colors pictures. You like it when he plays quietly. You like it when he helps you.

Your child does things because something he likes happens after he does them. If you tell your child what you like, he will do it if something good happens. If you tell your child what you do not like, he will not do it if nothing good happens after he does it.

Put an X by the things below you agree with.

_____ A. Sometimes a child learns to like it when grownups get angry. Then he does more things his parents do not like.

_____ B. You should tell your child what you like and what you do not like.

_____ C. Your child will do more things you want him to, if you let him do something he likes after he does them.

WORKING TOGETHER

CHECK YOUR ANSWERS

A, B, and C

You should tell your child what you like and do not like (B). When he does something you want him to, show him that you like it or let him do something he likes (C). When he does things you do not want him to, you should not do something he likes. Children like grownups to pay attention to them. If we don't pay attention to our children when they do things we like, they may stop doing those things we like. They may even begin doing things we do not like. Some children only get attention from their parents by doing things the parents do not want them to do. These children like to get their parents' attention, even if it means getting shouted at (A).

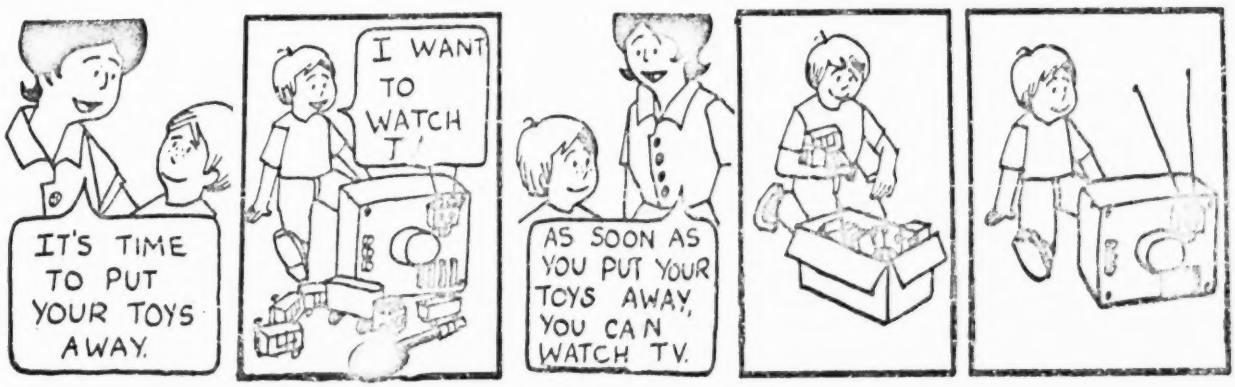
Check what you would do if your child was hitting his sister.

1. Would you tell him you did not like it when he hits her?
   _____ Yes _____ No

2. Would you let him know that you liked it when you saw him playing with her nicely?
   _____ Yes _____ No

If you said yes to these questions, your child would probably stop hitting his sister.

TELL THE CHILD WHAT WILL HAPPEN WHEN IT IS DONE



Your child has to know what will happen after he does something you like. You may say, "When you get your toys picked up, you can watch TV." When he is done, you should always do what you said you would. You should not ask for too much. You should make sure that something good happens.

Sometimes your child will do things you want before you ask him to. If you watch your child eat, you can teach him how to act at the table. Sometimes he will eat all his food. Sometimes he will eat without making a big mess. If this is what you want, you should tell him. You could say, "You drank all your milk and did not spill it." If you are happy and give him a hug, he will try to do it all the time. The important thing is to watch your child and "catch him being good." Watch for "good" things that he does. Tell him about them--your child will probably do less things you do not like.

Put an X by the things below that you agree with.

____ A. You always have to tell your child what you want him to do before he does it.

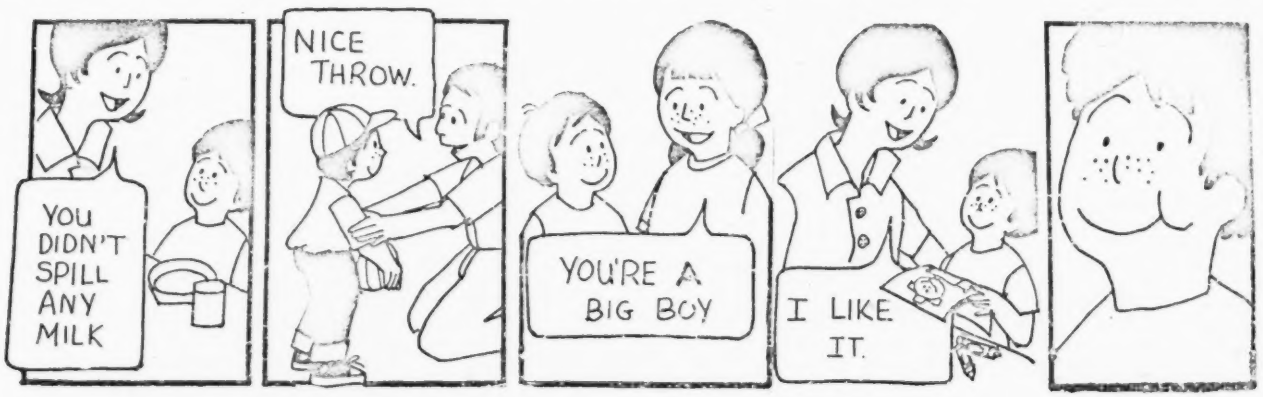
____ B. You should tell your child what you want him to do and what will happen when it is done.

CHECK YOUR ANSWERS | B |

Tell your child what you want him to do. Also tell him what he can do for fun after he does it (B).

You do not always have to tell him what you want before he does it (A). Sometimes he will do things you like without being told. After he does something you like, show him you liked it by letting him do something he likes to do.

LOOK FOR SOMETHING GOOD AND TELL HIM ABOUT IT



Your child does many things you like. Even babies do things you want them to do. WATCH FOR THESE THINGS. You should tell your child when you like what he does.

If your child is drawing on paper and you see him doing it, you can say, "I like that," or you can walk over to him, hold him, and talk about it. What he has drawn or what he says isn't the main thing. He will know you like what he did.

Praise your child when he does something you like. If he dresses himself, tell him how nice he looks. If he eats well, tell him so. If he plays without hitting someone else, tell him you like the way he plays.

ALL CHILDREN DO "GOOD" THINGS. WATCH YOUR CHILD AND LET HIM KNOW WHEN HE DOES SOMETHING YOU LIKE.

Write two ways you can tell your child that you like something he has done.

1. _____

2. _____

CHECK YOUR ANSWERS

You could say that you like it.
You could hug him after he does it.
You could smile when he does it.
You could let him do something he likes to do after he has done it.
You could give him something he likes after he has done it.

Write two things your child does that you could tell him you like.

1. _____

2. _____

If you tell him you like what he has done, he will be happy. He will probably try to do even better.

Day 1
YOU SPILLED YOUR MILK AGAIN.
Day 2
LOOK AT THIS MESS!
Day 3
GET YOUR HAND OUT OF YOUR MOUTH.
Day 4
DO NOT DROP YOUR FOOD ON THE FLOOR.

DON'T WORRY ABOUT LITTLE THINGS YOU DON'T LIKE

Day 1
YOU ATE ALL YOUR FOOD AND YOU ONLY SPILLED A LITTLE MILK.
Day 2
YOU DIDN'T SPILL ANY MILK. YOU'RE A BIG BOY.
Day 3
LOOK HOW CLEAN!
Day 4

We all get "picky" with children. We see little things we do not like and we tell children about them--over and over and over again. No wonder children learn to "tune us out." It is better not to worry about little things we do not like.

Do not keep talking about little things. Show your child what you want. Show him how to change. Then, when he does what you want, show him how much you like it. He will learn to do more things you like.

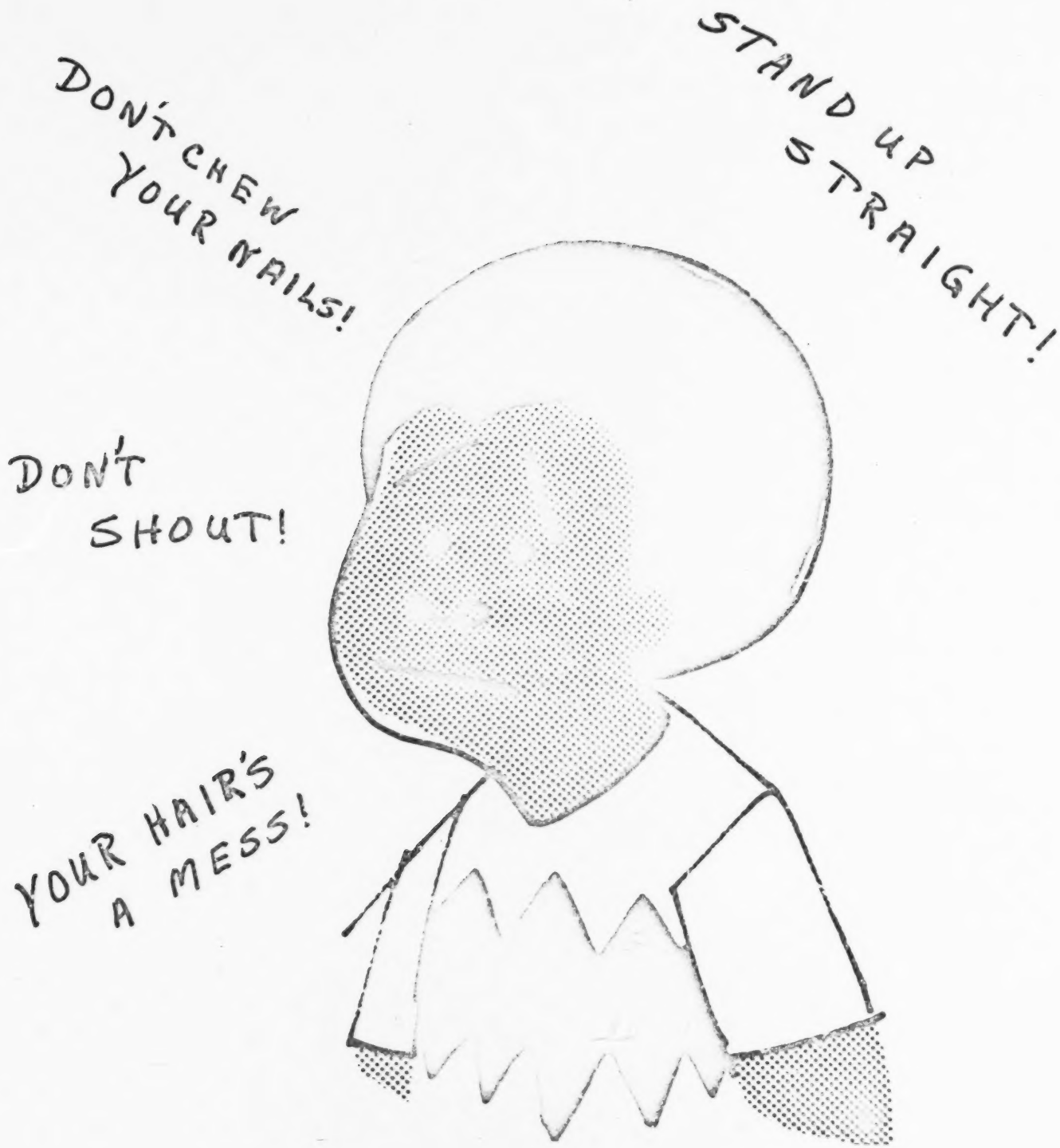
What if your little girl likes to suck her thumb? You may not like it. You could tell her, "Get your thumb out of your mouth." She may take it out, but soon it would be back. You could slap her hand, but soon the thumb would be back. She does not learn anything this way. She may even suck her thumb more often.

You could take her thumb out of her mouth. Tell her you like her thumb out. If she does not put it back for a few minutes, play with her. When you are playing, tell her you like to see her hands on the toy.

You could also find something for her to do where she uses both hands. She cannot play with both hands and suck her thumb at the same time.

Put an X by the rules for parents that you agree with.

_____ A. Don't keep nagging your child about little things.
_____ B. Always show your child what you want.
_____ C. Show your child how to do what you want him to do.
_____ D. When he does it right, tell him you like it.


DON'T CHEW YOUR NAILS!
STAND UP STRAIGHT!
DON'T SHOUT!
YOUR HAIR'S A MESS!

DON'T NAG

CHECK YOUR ANSWERS | A, B, C, and D

All of the rules are good rules for parents.

We should not nag our children (A).
We should show them what we want (B).
We should help them change (C).
We should make sure they get to do what they like to do after they do something we like (D).

Write one thing that your youngest child does that you do not like.

_____

How can you tell him or show him what you want him to do?

_____

_____

What will you do or let him do each time he does what you want?

_____

_____

_____

You are ready to help your child change something he does if:

You are sure the child will know what you want.
and
You are sure he will want the things you will give him after he does it.

PART 3

WORKING WITH YOUR CHILD

DO NOT HIT--DO NOT HURT

WE DON'T THROW THINGS IN THE HOUSE.
YOU CAN HAVE IT BACK LATER, BUT YOU CAN'T THROW IT.
15 Minutes Later
YOU CAN KEEP THIS IF YOU DON'T THROW IT.

Hitting your child does not teach him much. If he is hurt, he does not want to learn.

Your child is also hurt by things you say. You should not call him names. You should try not to shout or scream at him.

If you tell him what you like, he will try to do it. If you show him what you like, he will try to do it. When he does what you like, show him you like it. If something he likes happens after he does it, he will do it more often.

You do not have to hurt him. He will not want to hurt you. He will want to learn more.

You do not have to say, "You are a mess." You can teach him to wash himself. You do not have to shout at him to pick up his things. You can teach him to do it. You do not have to hit him for being "sassy." You can teach him how to talk to you.

REMEMBER: A CHILD WHO IS CRYING DOES NOT LEARN MUCH.

Put an X by the things that hurt children.

_____ A. Hitting them.
_____ B. Saying nice things to them.
_____ C. Calling them names like "dummy."
_____ D. Shouting at them.
_____ E. Letting them do something they like.
_____ F. Saying they are bad.

A CHILD WHO IS CRYING DOES NOT LEARN MUCH

CHECK YOUR ANSWERS

A, C, D, and F

You will hurt your child if you hit him (A). He will also be hurt if you call him names (C). He likes you and he wants you to say good things about him. Your child will not like to be shouted at (D). Shouting means you don't like something he did. It may scare him. Sometimes he does things you don't like. But he is not bad (F).

He will not learn as much if he is hurt. He will learn better if you let him do something he likes to do after he does what you want (E).

Write three things that would hurt your child if you did them.

1. _____

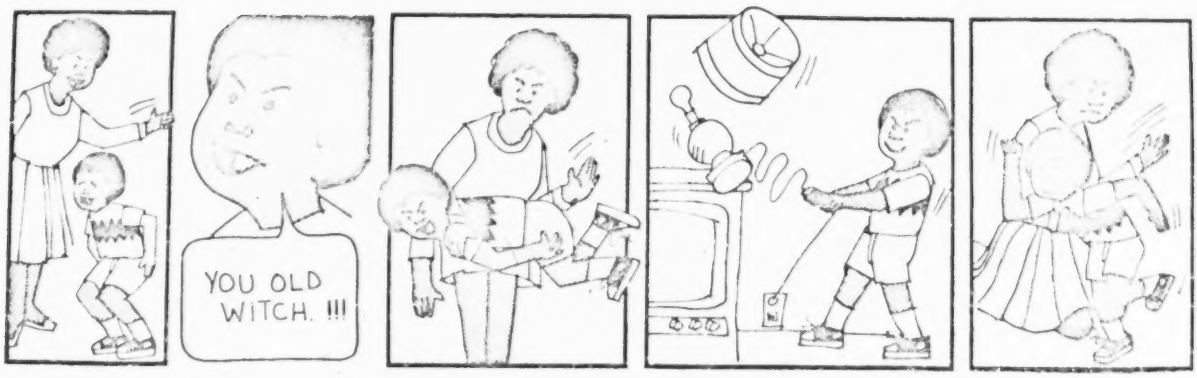
2. _____

3. _____

You have found things that hurt your child if:

He would cry when you did them.
or
He would try to get away from you when you did them.
or
He would try to fight back when you did them.

You should try <u>not</u> to do things that would hurt your child.



HE MIGHT FIGHT BACK

YOU SHOULDN'T HIT YOUR SISTER. YOU WILL HAVE TO SIT IN THE CHAIR AND NOT PLAY.
YOU CAN GET UP AND PLAY IN A LITTLE WHILE.
YOU CAN PLAY NOW, BUT ONLY IF YOU DON'T HIT YOUR SISTER AGAIN.
YOU'RE PLAYING VERY WELL WITH YOUR SISTER. I LIKE THAT.

Children can fight back. They do when they are hurt. We are bigger than they are, so they cannot really hurt us. But they might try to. They may say things we do not like. They may do more things we do not want them to do.

Then we would have to spank them or hurt them again. They may keep doing the things we do not like. Soon we seem to be hitting them or shouting at them all the time. They are not happy. We are not happy.

Children can learn that we run the family. We are their teachers. They can be happy when we teach them. They do not have to fight with us or be hurt by us.

Put an X by the things a child may do if he fights back.

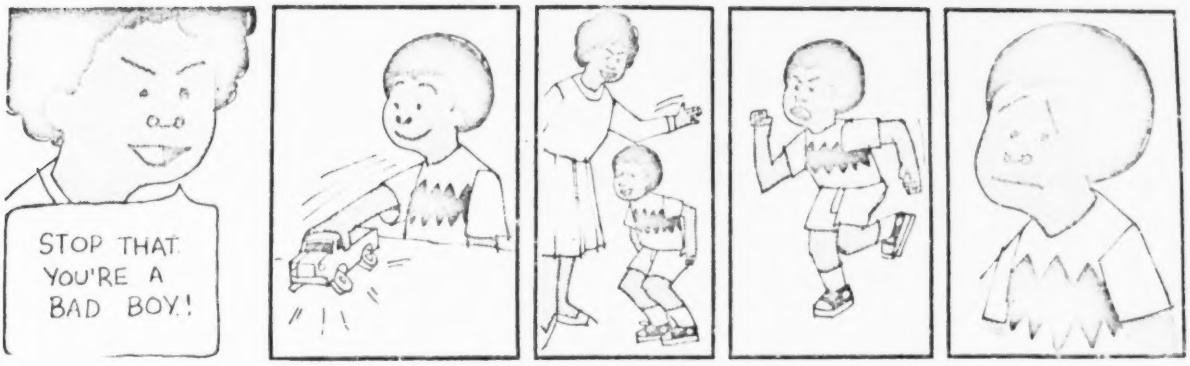
_____ A. He may throw something.
_____ B. He may hit you.
_____ C. He may hit his brother or sister.
_____ D. He may shout at you or call you names.
_____ E. He may do more things you do not like.

CHECK YOUR ANSWERS

A, B, C, D, and E

A child may do all of these things. A child cannot beat his parents. But sometimes he tries. He may hit you (B). He may hit other children (C). He may throw things at you or break things you like (A). He may shout at you or call you names (D). He may do more things you do not like (E). If you spank him again, he may keep doing the things you do not like. He may not learn. The same thing might happen over and over again.

Your child likes it when good things happen. He likes it when you are fair. He likes it when you are happy with him. He will show this by doing things you like.



HE MAY STOP TRYING

DON'T HIT THE FLOOR LIKE THAT.
WE DON'T BANG THE TRUCK ON THE FLOOR. YOU MAY HAVE IT AFTER AWHILE.
20 Minutes
HERE IS YOUR TRUCK. SEE HOW IT GOES AROUND CORNERS.
GOES UP.

When your child is hurt, he does not learn very much. He may stop trying to learn. He may seem to be "good." But, he does not do much. He may not want to talk to you. He may not want to play with you. He may not want to be around you because you have hurt him.

Doing things with you is how he learns. If he stays away from you, he will not learn as much. If he does not play with you, he will not learn as much. He may not want to try new things.

Most grownups do not do things when they get hurt. Children are like grownups. They stay away from things that hurt them. Sometimes children act the way we want when we are around. Then, when we are gone, they do things we do not like.

Put an X by the things your child might do if you hurt him.

_____ A. He may try to get away from you.
_____ B. He may try to help you.
_____ C. He may try to hurt you.
_____ D. He will be better.
_____ E. He may stop learning things you want him to learn.

CHECK YOUR ANSWERS | A, C, and E |

If your child is hurt, he may try to hurt you (C). He may try to get away from you (A). If he stays away from you, he may stop learning things from you (E). He may act "better." But, he may do the same things you do not like when you are not around.

Your child will be happier if you show him what you want him to do. When he does them, you should let him do something he likes to do. He will try to help you (B). He will do things you like.

If you hurt your child, what do you think he will do?

_____

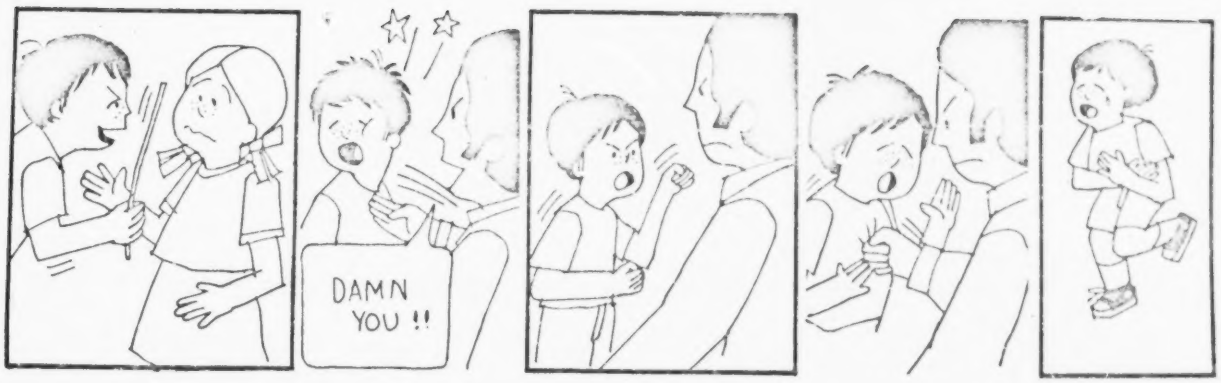
_____

_____

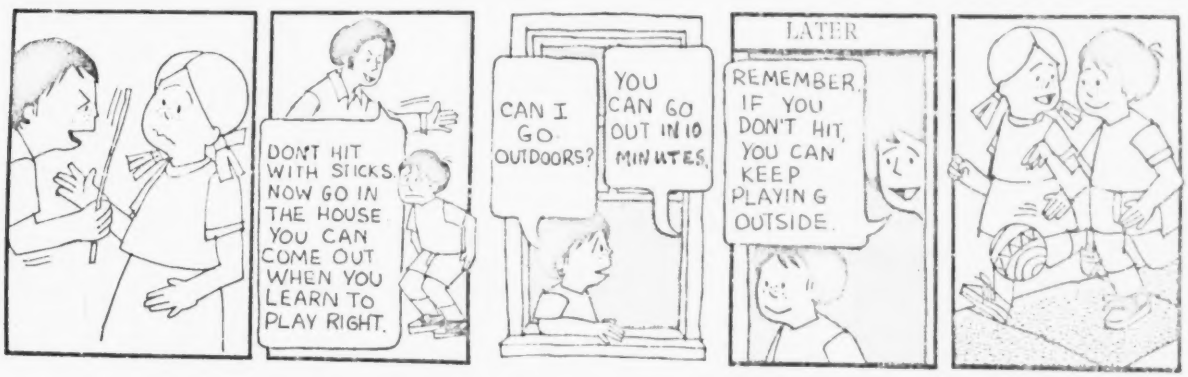
When they are hurt, children do things that keep them from learning new things. If your child is hurt, will he do things that will keep him from doing things you like?

____ Yes
____ No

If you put an X by yes, then you know why we should not hurt our children.



SOMETIMES YOU HAVE TO--YOU CAN'T LET HIM HURT HIMSELF OR OTHERS


DONT HIT WITH STICKS. NOW GO IN THE HOUSE. YOU CAN COME OUT WHEN YOU LEARN TO PLAY RIGHT.
CAN I GO OUTDOORS?
YOU CAN GO OUT IN 10 MINUTES.
LATER
REMEMBER, IF YOU DON'T HIT, YOU CAN KEEP PLAYING OUTSIDE.

Sometimes your child can learn from being hurt. If he is going to hurt himself, you may have to stop him fast. You do not let your child touch fire. If he reaches for a fire you could swat his hand. You should say, "Don't touch." He learns that reaching for fire hurts. You keep him from hurting himself.

If your child runs into the street, you have to teach him fast. He could be hurt by a car. When he runs into the street, you could swat his rear. Then, you could take him back to the sidewalk. You could tell him what you want--"Do not go out in the street."

You can also take him into the house. Make sure he does not play while he is in. Remember, if "fun" things happen, he will do what you do not like more often. Later you can let him go out. If he does not go into the street you can tell him you like it. If he does go into the street, you can do the same things you did before.

You cannot let your child hurt himself or others. Do not let your child break things on purpose. Sometimes you have to let him know something is wrong. You should always tell your child why you hurt him.

You should never hit your child in the face, chest, or stomach or shake him hard.

Put an X by the things below that you would agree with.

_____ A. A child should not be hit on his face or body.
_____ B. You should never swat your child on his rear.
_____ C. A child may learn from a little swat on his rear. He does not learn from being hit.
_____ D. You should not let your child hurt himself or others.

DON'T HIT--DON'T HURT

CHECK YOUR ANSWERS

A, C, and D

A child may learn from a swat on his seat. You may keep him from getting hurt worse (D). A child does not learn from being hit (C). You should never hit a child in his face or on his body (A).

A good rule is: DON'T HURT YOUR CHILD

THREATS WEAR OUT--SO DO PROMISES

You should not say you are going to do things and then not do them.

Your child may do something you do not like. You may say, "If you do that again, you will go to your room." If it happens again and you do not send him to his room, he will not believe you the next time. He will keep doing it.

Your child may do something you like. You may say, "When you do this, we will play ball." If you do not play ball with him when he gets done, he will not believe you the next time. He may not do it.

IF YOU SAY YOU WILL DO SOMETHING, ALWAYS DO IT.

DON'T PUNISH EVERYONE

You should not punish all your children because one of them does something you do not like. You may be punishing the other children when they are doing something you want them to do. Then they will do it less often.

When you are going somewhere, one child may do something you don't like. He may scream in the car. He may hit. If you say, "Okay we're not going," you are punishing everyone. Only one child was doing something you didn't like.

Or, one of your children may run around and scream in the living room where you do not want him to. You should not say, "No more TV until you kids learn to behave." You would be punishing everyone. Only the child who was running and screaming should be taken away from the TV.

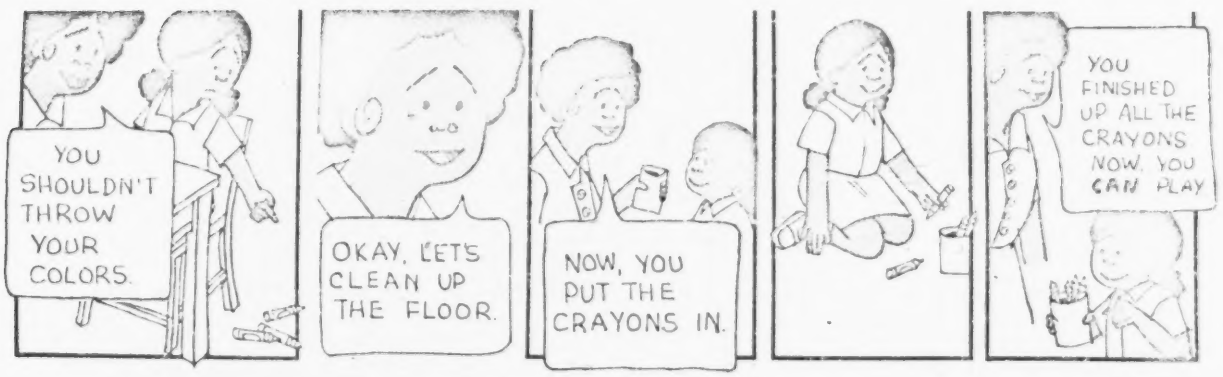
DON'T OVERDO IT

If you punish your child, don't be too hard on him. Tell him why he is being punished. Tell him how long it will last. Don't put your child in his room all day for doing one thing you don't like. We all get angry sometimes. When we are mad we might punish too much. Try to be cool. Be fair. When we are angry, a spanking may turn into a beating.

Don't punish your child the first time he does something you don't like. We want him to learn. Telling him you don't like what he did may be enough. Tell him what will happen if he does it again.

Do only what you said you would do if he does it again. If it doesn't happen again tell your child how happy you are. Let him know that you like it when he doesn't do what you don't like.

YOUR CHILD LEARNS BY MAKING IT RIGHT


YOU SHOULDN'T THROW YOUR COLORS.
OKAY, LET'S CLEAN UP THE FLOOR.
NOW, YOU PUT THE CRAYONS IN.
YOU FINISHED UP ALL THE CRAYONS NOW, YOU CAN PLAY

Your child learns things by doing them. If your child does something "wrong," you can teach him to do the right thing. You do not have to hit him or shout at him. You can have him make it right.

If your three-year-old always spills his milk, he will not learn much if you say, "Don't" or "You are bad." Give him a rag and have him clean up the milk. Show him how. By cleaning it up himself, he learns that he has to take care of what he does.

If your child breaks something, he will learn more if he has to give up something of his own to take its place.

If your child does something you do not like, what would you do first? (Check only one answer.)

_____ A. Hit him.
_____ B. Tell him you do not like it. Tell him what you like.
_____ C. Show him how to do it right.
_____ D. Let him do something he likes to do.

CHECK YOUR ANSWERS

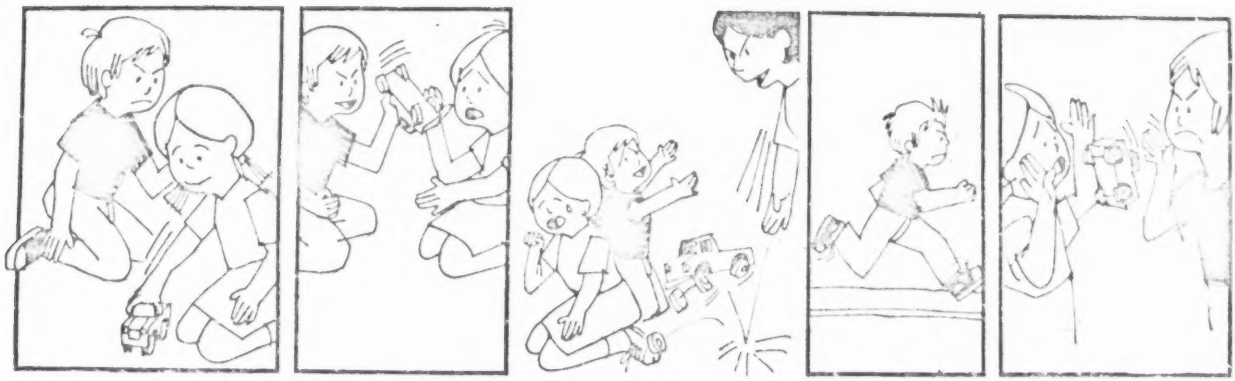
B

First, tell your child what you do not like (B). Then tell him what you want him to do.

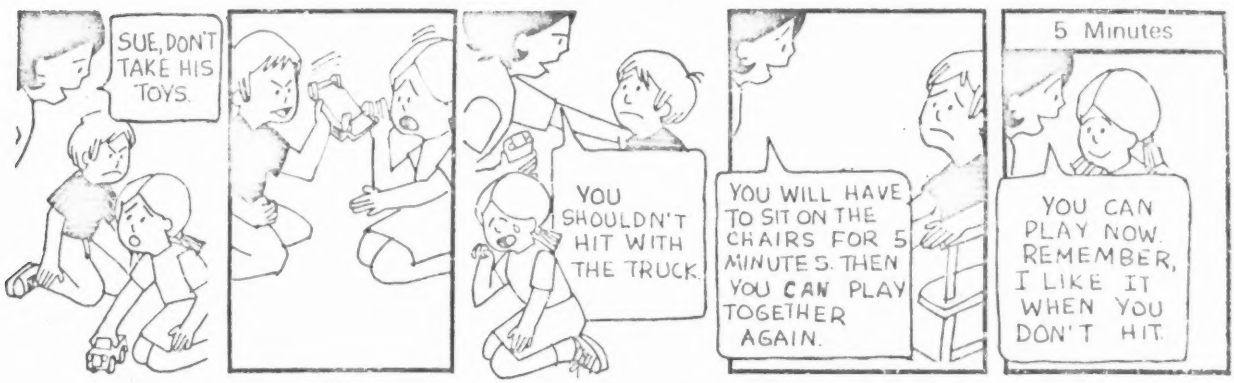
Second, show him how to make it right (C). After he does that, show him you like the way he took care of it (D).

If your child does something you do not like, do not hit him. He will not learn by being hit (A). Let him correct it.

Don't let your child do what he likes to do right after he has done something you do not like. He will think you like it and will do it more often.



A TIME AWAY FROM GOOD THINGS


SUE, DON'T TAKE HIS TOYS.
YOU SHOULDN'T HIT WITH THE TRUCK.
YOU WILL HAVE TO SIT ON THE CHAIRS FOR 5 MINUTES. THEN YOU CAN PLAY TOGETHER AGAIN.
5 Minutes
YOU CAN PLAY NOW. REMEMBER, I LIKE IT WHEN YOU DON'T HIT.

Tell your child what you do not like and what will happen if he does not stop. You could say, "If you scream, I will send you to your room," or you could say, "If you fight, you'll have to sit on a chair."

You should tell him how long he will stay in his room or on the chair. Then he knows it is not forever. Soon he will be able to do the things he likes. He can do them as long as he does not do the things you do not like. The time away from things he likes should be very short for a small child.

Tell your child why you are sending him to his room or sitting him on the chair. If you do not tell him, he will not learn. If he does the same thing again, send him to his room or sit him on the chair again. Do this every time.

Sometimes your child will keep doing things you do not want him to do. You can send him to his room or make him sit on a chair. Then he cannot do the things he likes to do. You are teaching him not to do something you do not like.

Don't scare your child. You should not put him in a dark room or a closet. If you scare him, you hurt him. Scaring him may be worse than hitting him.

Your child will learn to do something you like if you:

_____ A. Let him do what he likes after he does it.
_____ B. Take away something he likes after he does it.

Your child will learn not to do things you do not like if you:

_____ C. Let him do what he likes after he does it.
_____ D. Take away something he likes after he does it.

WHAT YOUR CHILD WILL LIKE MOST IS YOU.

CHECK YOUR ANSWERS

A and D

Your child will learn to do things you like if you let him do what he likes after he does them (A).

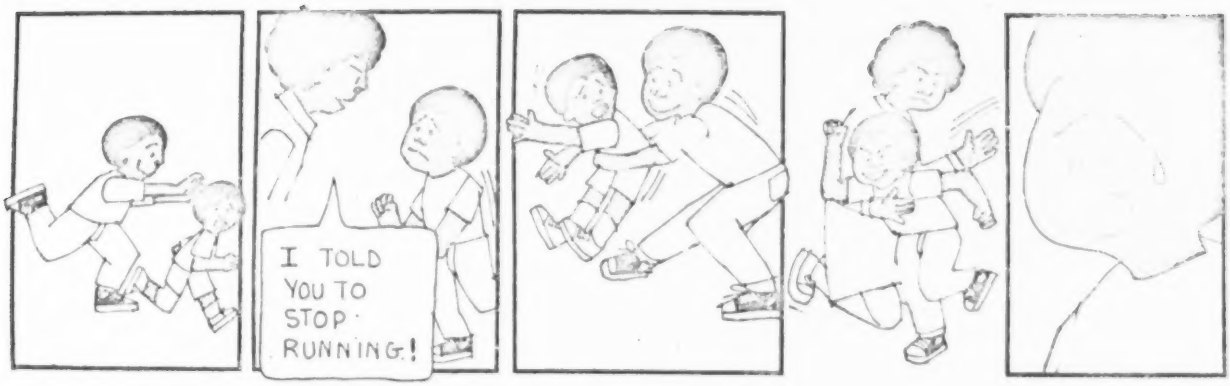
Your child will learn not to do things you do not like if you take away something he likes after he does them (D).

> REMEMBER: YOU SHOULD ALWAYS TELL THE CHILD WHAT YOU WANT. IF YOU DO TAKE SOMETHING AWAY, TELL HIM WHEN HE CAN GET IT BACK.

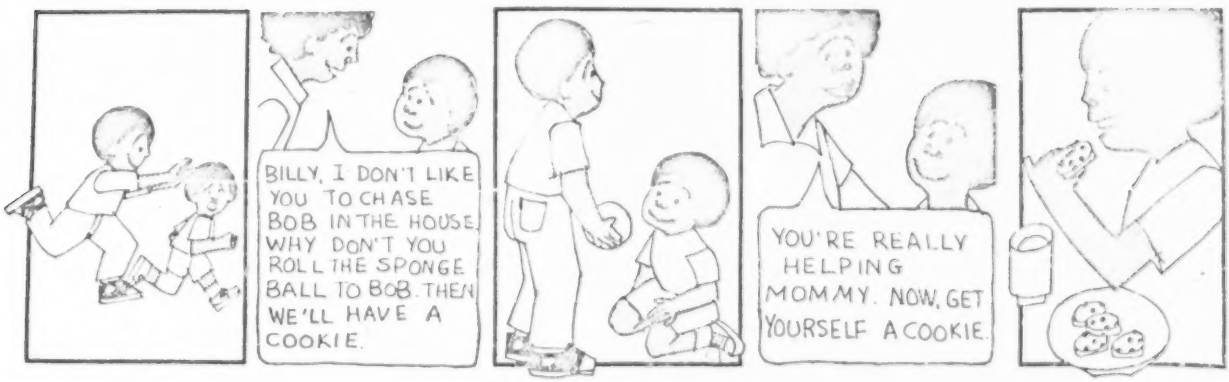
Now you know two ways to stop your child from doing things you do not like.

Put an X by the two ways if you think you can do them with your child.

_____ 1. Have him make it right (correct what he does).
_____ 2. Take him away from something he likes.



FIND SOMETHING ELSE HE CAN DO


BILLY, I DON'T LIKE YOU TO CHASE BOB IN THE HOUSE. WHY DON'T YOU ROLL THE SPONGE BALL TO BOB. THEN WE'LL HAVE A COOKIE.
YOU'RE REALLY HELPING MOMMY. NOW, GET YOURSELF A COOKIE.

If your child is busy doing something you like, he will not have time to do things you do not like.

Your child will not be hitting his sister if he is drawing. He will draw when you give him paper if you have been letting him do something he likes after he draws--or if you have been telling him how much you like his drawings.

Your child can't follow you around and play with his ball at the same time. If you do not want your child to follow you all the time, give him something to play with. You can even let him play with the pans in the kitchen. He may like the noises and play for a long time.

If your child is doing something you do not like, look for something else he could be doing. When he does the new thing, show him you like it.

If you want your child to stop doing something:

_____ A. Try to find something he can do that you like and get him started on it.

_____ B. Spank him.

_____ C. Watch him and when he does something you like, show him you like it.

CHECK YOUR ANSWERS

A and C

You can find something your child can do that you like. Start him on it (A). Tell him what you want. After he does it, show him you like it by letting him do something he likes to do.

You could wait until he stops doing what you do not like. Then when he does something you want him to do, show him you like it by letting him do something he wants to do (C).

Don't spank your child (B).

Let's go back to one of the most important things we learned.
Write four ways you can tell what your child likes or wants to do.

1. _____

2. _____

3. _____

4. _____

CHECK YOUR ANSWERS

1. If a child likes to do something, he will do it often.

2. If a child likes to do something, he may tell you he wants to do it.

3. If a child likes to do something, he may act happier when he does it.

4. If a child likes something, he may ask you for it.

Your child will like many things--especially you. He will like to have you say nice things to him or about him, hold him, or smile at him. He will like you to be happy with him. And if you are happy with him, your child will be happy with you.

A LOOK AT

WHAT WE'VE LEARNED

IF YOU WANT YOUR CHILD TO DO SOMETHING MORE OFTEN, LET HIM DO SOMETHING HE ENJOYS AFTER HE DOES IT. FOLLOW THESE STEPS.

1. Think of what you want your child to do more often.
2. Count how often he does it now.
3. Find things your child likes.

   HE ASKS FOR THEM.
   HE DOES THEM OFTEN.
   HE SAYS HE LIKES THEM.
   HE IS HAPPY WHEN HE DOES THEM.

4. Tell your child what you want and what he can do after he does it.
5. After he does it, always do what you said you would do.
6. Count how often he does it. See if he does it more often.

IF YOU WANT YOUR CHILD TO LEARN SOMETHING NEW, FOLLOW THESE STEPS.

1. Start with something your child is ready to do.
2. Start with one small step.
3. Get your child's attention before you begin.
4. Tell him how to do it. Show him how to do it.
5. Next time, do everything for him but the last part. Let him finish it himself.
6. Help him at first. Talk to him and show him little steps if he needs help.
7. Let him do something he enjoys or show him you are happy each time he does one part right.
8. Do less and less each time.
9. When he can do it all well, start something new.

IF YOU WANT YOUR CHILD TO DO SOMETHING LESS OFTEN, TAKE AWAY SOMETHING HE ENJOYS AFTER HE DOES IT. FOLLOW THESE STEPS.

1. Think about what you want your child to do less often.

2. Count how often he does it now.

3. Tell your child what you do not like and what will happen if he does it.

   HAVE HIM CORRECT IT.
   FIND SOMETHING ELSE HE CAN DO.
   TAKE HIM AWAY FROM SOMETHING HE LIKES.

4. If he does it, always do what you said you would do.

   REMEMBER: DO NOT HIT YOUR CHILD.
   CHILDREN WHO ARE HURT DO NOT LEARN AS WELL.

5. Count how often he does it. See if he does it less often.

As you teach your child, you should remember two things.

IT TAKES TIME--DON'T EXPECT TOO MUCH, TOO SOON.
and
WE ALL MAKE MISTAKES--DO KEEP ON TRYING.

With your help, your child will learn many new things.

By using these methods, you can make learning easy and fun for your child. He will learn to live happily with his family.